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**Post-flood poles indicate
soybeans on the bounty.**

Food, Page 1C

**Annual WINGS drive
is nearing goal.**

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Granite City Journal

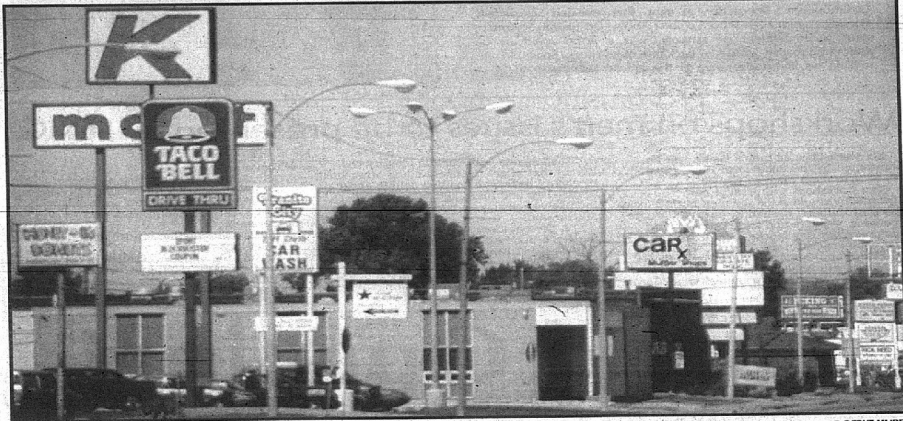
SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS

BROOKLYN • GRANITE CITY • MADISON • MITCHELL • PONTON BEACH • VENICE

VOLUME 18, NUMBER 74

WEDNESDAY, SEPT. 14, 1994

THIRTY-FIVE CENTS



(Staff photo by PAM DOERFEL-HURD)

Granite City officials hope that a new sign ordinance will eventually eliminate cluttered landscapes like this one on Nameoki Road.

Existing signs have 7-year grace period

Law aims at advertising 'clutter'

By Bob Slate
Staff writer

City and business leaders are hoping a new law regulating signs in Granite City will eliminate unsightly clutter in business districts and enhance the effectiveness of advertisement there.

Last week, the Granite City Council voted 9-4 to adopt an ordinance placing restrictions on the number, size and location of most signs in the city, including business signs, billboards and political advertisements. The new law has been researched, written, debated and revised over and over again for the past three years. While some business owners initially expressed concern that restrictions on signs could cause hardship, the head of the city's leading business advocate now seems pleased with the final product.

"There are a lot of unsafe and unsightly signs in the city. From that standpoint, we thought that some regulation would be beneficial," said R. C. Bush, executive vice president of the Tri-Cities Area Chamber of Commerce.

Bush and several business leaders spent many hours working closely with the Planning Commission and its Sign Committee to come up with the final draft of

the ordinance. The purpose of the ordinance — a 33-page document placing limits on the number, size, type and location of signs — is to enhance commercial development by eliminating "sign wars" among businesses and by encouraging aesthetically pleasing signs that are effective, yet not too large or distracting.

Under the terms of the new ordinance, existing signs that do not meet specifications will be allowed to remain in place for up to seven years, provided they are not structurally altered to another nonconforming sign, moved or rebuilt after being damaged beyond 50 percent of value. All new signs must meet specifications and receive approval by the zoning administrator

— R. C. Bush
Chamber head

Prior to erection.

The law also contains a provision establishing a Graphics Review Board to hear appeals and grant variances in special cases.

"It is very difficult to come up with original legislation that is perfect. But I think, working through the appeal process, we will be able to come up with something that is beneficial to all," Bush said. Aldermen Jim Miller, Walter Milton, Sandy Crites, Craig Tarpoff, Bob Shipley, Nick Petrillo, Juanita Crawley, Kim Affolter and Dan Partney voted in favor of the ordinance. Aldermen Casmer Skubish, Eddie Asadorian, Foster Frederick, Bob Fage, Mac Warfield and Lurton Pulley voted against the ordinance.

Warfield said the new law would be unfair to businesses that are still paying for signs that will one day be deemed illegal. "I just can't see when someone gets a sign paid off it'll be obsolete," Warfield said. Frederick said the change in appearance will still not change the nature of business and industrial development.

"This town was founded as an industrial town... and has been an industrial town ever since. You can make all the signs pretty if you want, but we're still going to be an industrial town," Frederick said.

Cost cutting Hospital may close one floor

By Bob Slate
Staff writer

A decline in utilization of St. Elizabeth Medical Center has prompted hospital officials to study cost-cutting measures — possibly including shutting down an entire floor.

An SEMC spokesperson said Monday that administration, management and staff are studying the hospital's internal operations to develop a plan to increase efficiency.

"Due to downward utilization of services and declining inpatient censuses, the administration, management team and staff are studying our internal operations and discussing cost-cutting alternatives," said Deb Williams, SEMC director of public relations.

"Downsizing services" and "transferring jobs" are among the alternatives being considered, Williams said Monday. SEMC President and CEO Ted Ellerman said Monday that some decisions have been made, but that details of the total plan have not yet been finalized.

"It is not really anything unique to SEMC, but more of a reflection of the change in the way the health care industry is working today," Ellerman said. "On the surface, it may appear a lot worse than it is in reality. It isn't that we are losing market share to any other hospital. In fact, if a hospital on the other side of the river was doing this it wouldn't draw any attention at all," he said.

Tentative plans call for the closing of an entire floor at the medical center, effective Sept. 28. The closure would eliminate the need for 21 registered nurses.

— Nurse at hospital

"It is like we are under a microscope in Granite City," he said.

Ellerman said a growing trend toward outpatient rather than inpatient services and a change in the way hospitals are paid — especially for services to healthy people under age 65 — has affected the entire industry.

Hospital officials hope to have an evaluation and plan complete before the end of next week, Williams said.

SEMC is the second largest employer in Granite City, behind the Granite City Division of National Steel.

"Because this could affect so many people, we want to be very careful about how and when the information is disseminated to the public," Williams said.

"Things may change. If an idea comes up that looks better (See HOSPITAL, Page 8A)

Subscription envelope inside today

Readers will find the semiannual voluntary subscription envelope tucked inside today's *Journal*.

The voluntary subscription helps defray a small portion of the cost of news, sports and feature stories that are in the *Journal* every week.

In recent months, the *Journals* have added a variety of innovations, including a greatly expanded "Today's Food" section that strives to provide detailed information on cooking, nutrition and supermarket trends.

In addition, the *Journals* has increased its use of color and graphics in the sports pages, focusing on high school and youth sports to an even larger degree.

The envelope has a space for reader comments. It's a valuable resource for editors to determine the best ways to improve the *Journal*. Each and every suggestion, comment or criticism is read by *Journal* editors.

Thank you for your continuing support.

Scott Queen,
Managing Editor

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Deaths

Dolly McGee
Nickson Birkhead
Eva Goodwin
Della Maul
Gary McIlvoy
Robert Vaughn
William Hargis
Harlin Hooks
Edward Owca

Coming Thursday

People—Student is volunteer supreme.

**COLD FRONT
ALERT!**

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Realty disclosure law to take effect

By Martin Richter
and Hilley Schulte
Staff writers

After Oct. 1, if you're selling a house with a leaky roof, you've got to tell the buyer.

But the new Illinois law mandating such disclosures will actually benefit both the home buyer and the seller, local Realtors say.

The Illinois Residential Real Property Disclosure Act requires owners of one to four residential units — including condominiums and cooperatives — to complete a form disclosing known material defects in the property.

The form must be provided to the prospective buyer before the sale, and signed by both the buyer and the seller.

Addie Spicuzza, president of the Greater Gateway Association of Realtors Inc., said the measure will help protect all parties involved in the sale of a

home. "I think it is definitely a step in the right direction, and a positive thing for the real estate industry," Spicuzza said. "It definitely benefits both sides, the buyer and the seller."

"It's just good preventative medicine, as far as disclosing and letting everyone know what's going on with the property," she said. "That way there are no surprises."

Rod Flood, president of the Granite City Board of Realtors, agreed. "It will protect the public. If there is a problem, the buyer should know it," he said.

Spicuzza said if someone is selling a home with a leaky roof, the buyer would find out about the problem through the form even if they looked at the house on a dry day.

And the form gives sellers proof that the buyer was aware (See LAW, Page 8A)

Grant applications open

Applications for 1994 Old Newsboys Day grants are being accepted.

Agencies that serve children and wish to be considered for a grant have until Oct. 12 to submit an application.

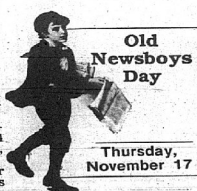
To receive an application, send a self-addressed, stamped envelope to:

Old Newsboys Day Applications, c/o Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo., 63111.

Old Newsboys Day is set for Nov. 17. On that day, thousands of volunteers will man street corners selling special editions of the *Suburban Journals*.

All the money collected from the sale is distributed to area children's charities.

Since the drive began in 1957, more than \$5 million has been raised.



**Old
Newsboys
Day**

Thursday,
November 17

Irwin Chapel
...thoughtfulness, always.
931-8000

2 charged with prostitution

Two women were charged with prostitution in Madison last week after they allegedly attempted to do business with two undercover Madison Police officers.

According to police reports, Tammy Lynette Poarch, 23, Granite City, and Kristi Young Slaton, 24, Madison, were walking on Madison Avenue Tuesday, Sept. 6, when the two police officers approached them in an unmarked vehicle.

Police reported that one of the officers asked the women where a person could have "fun" in Madison. Poarch asked the officer what he meant by "fun," and the officer responded "just fun," police said. The police report said that the women then waved the officers to a parking lot at the Croatian Home in the 1000 block of Madison Avenue, and Poarch commented that it was hard to talk business because "cops were bad in Madison."

Poarch and Slaton were arrested after they allegedly solicited the officers. The two were taken to the Madison Police Department and charged with prostitution.

NUMC homecoming Sunday

The congregation of Niedringhaus United Methodist Church continues its year-long celebration of its centennial.

The annual homecoming will be held on Sunday, Sept. 18, at 20th Street and Delmar Avenue. Bishop Dr. David J. Lawson will be the guest speaker. A centennial moment entitled "Christian Education—Kindergarten" will be presented by Dorothy Davis. The centennial hymn, "In This House," will be sung by the congregation. Katherine Wood and Carolyn Jenkins wrote the hymn in honor of the centennial year.

Those in the congregation with 50 or more years membership will be honored. Five people have been members for 79 years. They are Juanita Brown, Dorothy Frohardt, Walter Klein, Frankie Lerch and Geneva Miller.

A fellowship time will be held in the church parlor at 9:30 a.m., preceding the 10:30 a.m. church service. Following the service, a congregational pot luck dinner will be held in Wesley Hall.

The Sunday School classrooms have recently been redecorated. An open house of the education building will be held.

Corrections

Due to a typographical error, a quote attributed to Namioki Township Clerk Helen Hawkins was garbled in a story in the Sept. 7 issue of the Granite City Journal.

The quote should have read: "We had a lot of problems in my area because of the election and I called John (Shimkus) to see if he could use his influence with the governor to get us some help, he didn't hesitate or turn me down because of my party affiliation," Hawkins said.

Mike Ziska is the restaurant manager at Gateway Midstate Truck Plaza, 609 S. Highway 203 in Madison. His name was misspelled in the Sept. 11 issue of the Journal.

Assistant Attorney General Denise Orsey, a United Way campaign team leader, married his wife, the former Catherine Hatzi, in 1982, not 1983 as reported in the Sept. 11 issue of the Journal.

BINGO

Thursday Night

Color Ball Jackpot

Over \$2,000.00 Lic. B2889

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Granite City, IL

Granite City Journal

Published twice weekly by Suburban Newspapers of Greater St. Louis, Inc.

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(Staff photos by PAM DOEPKE-HURD)

Institute — The opening day of Granite City School District #9's teachers' institute Aug. 29 featured a striptease by Master of Ceremonies Ed Schroeder, at right, that revealed Schroeder's Coolidge Junior High School colors. Above, Dr. Joseph Spagnolo, state superintendent of schools, was a good sport as he attempted to give Schroeder back one of his shoes. Spagnolo was making his first appearance at the annual institute.

Workshops on men's issues to be presented by SEMC

Six workshops on men's issues will be presented by the Behavioral Health System of St. Elizabeth Medical Center. The workshops will present new perspectives and skills for men in their roles as sons, fathers, husbands, partners, single persons, workers and friends, said co-presenter Roy Marks, M.A., a psychotherapist in the School Consultation Services and Outpatient Services at SEMC. Marks will be joined by Bob Greenwell, M.Ed., a counselor in training at the Men's Center of St. Louis.

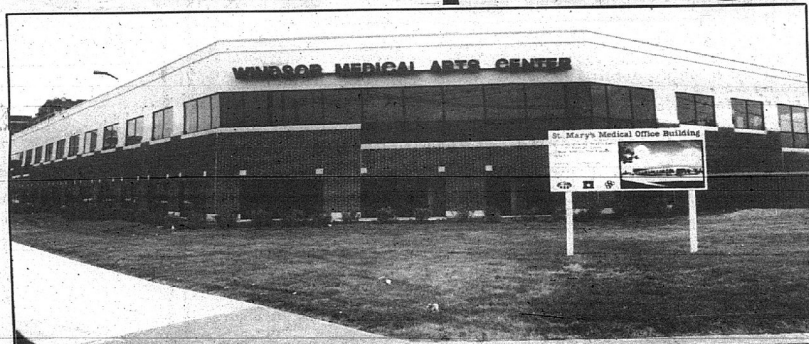
"Participants will learn to identify the myths that affect themselves and other men; to clarify their own positive beliefs about themselves and men; and to represent themselves clearly as individuals and men," Marks said.

The presentations will be in Room 3316 in the Peck Building at Southern Illinois University at Edwardsville from 7 to 9 p.m. on six Thursday evenings, beginning Thursday, Oct. 13. The presentation will feature relevant exercises, discussions and hand-outs.

Topics are:
Oct. 13, the social shaping of men,
Oct. 20, growing pains of sons and fathers,
Oct. 27, new perspectives on feeling,
Nov. 3, satisfaction in work and achievement,
Nov. 10, satisfaction in love and relationships and
Nov. 17, the ongoing creation of self.

The fee for the complete workshop (six sessions) is \$90. You may attend individual sessions for \$20 each. Preregistration is required. To register, call Marks at 798-3804.

Grand Opening!



You're invited!

We will open the doors of the new Windsor Medical Arts Building for a public celebration on Saturday, September 17th from 10a.m. to 5p.m.

We'll offer tours of the new building and the Hospital, free health screenings, prizes and refreshments.

The Windsor Medical Arts Center Health Care Team

Fox Med-Equip Services
The Olde-Tyme Optical Shoppe
Medicate Pharmacy
Dr. Carla Lewis, Dental Care
Dr. Maria Cabal, Pediatrics
Dr. V. Jose Thomas, Psychiatry
Dr. Philip Dornis, Psychiatry
Dr. Cagline Sumner, Psychiatry
The Catherine Kasper Center
Dr. Marvin Burior, Internal Medicine
Dr. Gensilla Key, Family Practice
Dr. Christian Weigel, Internal Medicine
Dr. Nancy Weigel, Family Practice

The Complete Health Center
Dr. Alphonse Beaubouff, Internal Medicine
Dr. Sid Noor, Family Practice
Dr. Michael Slaughter, Internal Medicine
Dr. John Spencer Archimhu, Family Practice
Dr. Robert Frohardt, Urology
Dr. Eric Washington, Orthopedics
Dr. Mack McCain, Gastroenterology
Dr. Eric Pitts, Dermatology
Dr. Wendell Williams, Cardiology
Dr. William Southworth, Cardiology
Dr. Jean-Claude Jacob, Surgery
Dr. Barry Barnes, Surgery

Beginning September 17th, health care in East St. Louis will take a major step forward.

St. Mary's Hospital of East St. Louis has brought together some of the St. Louis region's finest and most caring physicians in a brand new, state-of-the-art medical facility. And we're backing our doctors with first-class health care providers and the latest medical technology.

The new Windsor Medical Arts Center located at 100 N. Eighth Street next to St. Mary's Hospital offers our patients a comprehensive array of health care services in one safe and convenient location. Your family deserves the best in health care. And finding the best health care has never been easier. Just call 482-7CHC today and we'll connect you to the right doctor for your family.

The only number you need to know for quality health care.

482-7CHC

WINC 97 pe Campaign

With 3.3 percent of the vote, we're investing in the campaign gathered volunteers at a breakfast at the m Aug. 29.

Several corporate gifts are still being collected. Those would put over its 1994 goal of \$100,000. To date, more than \$50,000 has been received from individuals, businesses and corporations. More than \$10,000 have contributed to the campaign. Those are SEMC association members.

"On behalf of our Medical Center of family like to thank all the generosity in this campaign," said Dr. SEMC president and executive officer. "Your persistence and your help have helped to put a tant health care."

Pond fish

If you need some now is the time to buy. The pond fish, Hybrid Blue and Triplaid Gra are available for orders for the to be in by Oct. 12. Fish must advance. The fish are available at the strict office at 9 a.m. ing at 7205 Marlin. To place an order, call SWCD office at 618-3804.

The Tri-C open ho 1994, 8:00

*Rent a 2
*Limited
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*876-7200
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WINGS drive approaches 97 percent of \$150,000 goal Campaign volunteers are recognized

With 3.3 percent of its goal yet to be achieved, the 1994 WINGS (We're Investing in New Growth at St. Elizabeth Medical Center) campaign gathered to honor 36 volunteers at a recognition breakfast at the medical center Aug. 28.

Several corporate and physician gifts are still expected. Those would put the campaign over its 1994 goal of \$150,000.

To date, more than \$145,000 has been received from area individuals, businesses and corporations. More than 630 donors have contributed; 240 of them are SEMC associates and physicians.

"On behalf of our St. Elizabeth Medical Center family, I would like to thank all of you for your generosity in this year's campaign," said Ted Ellerman, SEMC president and chief executive officer. "Your time, your persistence and your own giving have helped to provide important health care services to

everyone in this community." In 1993, more than 30,000 people were seen in the emergency room and more than 15,000 were treated through the Koch Family Health Center.

Two leaders who passed away during the campaign, WINGS chairman Frank McGinnis and a member of the community campaign team, Dean Aerne, were remembered for their efforts and dedication on behalf of WINGS.

Members of the development board recognized were Elizabeth Briggs, Barry Loman, Bob Lombardi, Carl Mathias and Carl Rant.

Tom Colburn, who headed the corporate campaign team, was also recognized. Honored for their efforts throughout the community were Charles and Evelyn Cross, Gail Buenger, Mel Wilmsmeyer, Charles King, John Mosley, Joyce Albers, Von Dee Cruise, John Janek, Bob Harris, Rich

Suess, Joe Juneau and Chip King.

Leaders of the internal campaign who were recognized were Becky Slate, SEMC Auxiliary president; Maxine Johnson, nursing administrative assistant; Dan McDowell, director of pulmonary services; Martha Milburn, director of activity therapy; Ron Payton, director of personnel; and Deborah Williams, director of public relations.

Also honored were members of the physicians campaign, which included Dr. Syed Ali, Dr. Pete Anderson, Dr. Steve Barr, Lori Hartzel, Dr. Ijaz Jatala, Dr. Kevin Konzen, Dr. Charles Lane, Dr. Geoffrey Miller and Dr. Yogendra Shah.

A tour of the Koch Family Health Center, which was renovated with the funds raised in the 1994 campaign, was given after the recognition event.

Pond fish available

If you need some fish to restock your pond, now is the time to get an order in to the Soil and Water Conservation District. Channel Catfish, Hybrid Blue Gill, Bass, Fathead Minnows and Triptoid Grass Carp (the weed-eating fish) are available for order.

Orders for the Triptoid Grass Carp will need to be in by Oct. 1 and for the other fish by Oct. 12. Fish must be ordered and paid for in advance. The fish will be delivered to the District office at 9 a.m. Oct. 15, at the USDA building at 7205 Marine Road in Edwardsville.

To place an order call the Madison County SWCD office at 656-5166.

Pet adoptions offered

The Madison County Humane Society is holding an Adopt A Pet Day on Sept. 17 from noon-4 p.m. at PetsMart in O'Fallon. Puppies, dogs, kittens and cats are available for adoption. The cost of adopting a dog is \$50 and includes a rabies shot, DILPP, collar, leash, id tag and \$15 spay/neuter deposit.

Cat adoptions are \$25 and include FVRCP shots, collar, id tag, and \$15 spay/neuter deposit. Purebreds and declawed cats are available.

For more information call the Madison County Humane Society at 656-4405. The Humane Society is located on Rt. 143 east of Edwardsville.

The Madison County Humane Society is a non-profit organization and depends solely on donations for its funding.

OPEN HOUSE TRI-CITY AREA YMCA CRAFT SHOW & FLEA MARKET

The Tri-City Area YMCA invites you to take part in a gala open house and flea market on Saturday, September 24, 1994, 8:00 a.m. to 3:00 p.m.

*Rent a 2 1/2' x 8' table to display your wares for \$25.00.

*Limited number of tables (27).

*This will be a highly publicized event. Make your reservation early.

*Deadline for table rental: September 21.

*For more information, contact Richard Wittmann, Executive Director, 876-7200.

*OPEN TO THE PUBLIC! COME DOWN & USE ALL THE FACILITIES.

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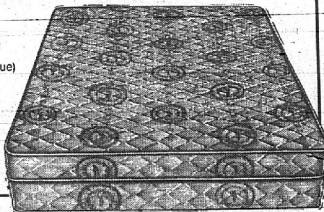
King Koil Spinal Guard Firm or Luxury Firm

Starting from

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Twin size
ea. pc.
(\$219.00 Value)

	Value	Sale
Full Size.....	\$259 ⁰⁰	\$224 ⁹⁵
Queen Size.....	\$699 ⁰⁰	\$549 ⁹⁵
King 3-Pc. Set...	\$859 ⁰⁰	\$699 ⁹⁵



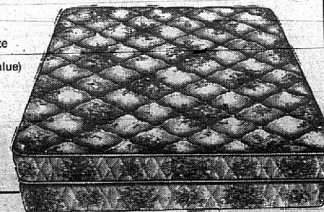
King Koil Posture Bond Allure Firm, Luxury Firm or Pillow Top

Starting from

\$199⁹⁵

Twin size
ea. pc.
(\$259.00 Value)

	Value	Sale
Full Size.....	\$309 ⁰⁰	\$249 ⁹⁵
Queen Size.....	\$699 ⁰⁰	\$599 ⁹⁵
King 3-Pc. Set...	\$899 ⁰⁰	\$799 ⁹⁵



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SALE \$18

CLASSIC CANVAS OXFORDS FOR WOMEN. SIZES 5-10.

KEOS CHAMPION LEATHER OXFORD

SALE \$29

A GREAT LOOKING OXFORD IN SOFT GARMENT LEATHER. SIZES 5-10.

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HOW TO MAKE YOUR APPOINTMENT FOR YOUR FREE COLOR FAMILY PORTRAIT

Call our phone number indicated below or come in to arrange for your sitting. Our offer is limited to one portrait per family. Children must be photographed with parent(s).

***** PORTRAIT APPOINTMENT TIMES *****

Saturday,	September 24, 1994	1:00 p.m. to 8:00 p.m.
Sunday,	September 25, 1994	12:00 p.m. to 8:00 p.m.
Monday,	September 26, 1994	5:00 p.m. to 9:00 p.m.

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Postpartum depression: Some experts support Sims' plea

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If Paula Sims were to receive a new murder trial, she would abandon her tales of masked gunmen and argue that an undetected mental illness led to the killing of her two daughters shortly after their births.

The illness is postpartum depression—a condition that many experts say affects women shortly after childbirth and one that some say should be considered by the judicial system in cases such as Sims'. Although Sims' plea for a new trial was rejected Wednesday by Madison County Circuit Judge John DeLaurenti, her attorney, public defender John Rekowski, said the case will likely be appealed.

Sims, 35, of Alton had originally claimed during her 1990 trial that her two daughters, Loralei and Heather, were killed in separate incidents by masked gunmen.

While she has admitted to the children's murders, she asked for a retrial on the grounds that she was mentally ill when the murders took place.

Sims, 35, took the stand in her 1990 murder trial and claimed a masked gunman kidnapped a 6-week-old Heather Sims in 1989, the same way a masked intruder kidnapped her firstborn, 13-day-old Loralei, in 1986.

But Sims has since confessed to drowning both girls in a warm bath. A detailed account of her confession appears in Audrey Becker's book, *Dying Dreams: The Secrets of Paula Sims*.

"We all know most women don't kill their children, but nobody picks up on the fact that some women may be suffering from severe postpartum disorders," Dr. Deborah Sichel of Massachusetts General Hospital in Boston said.

Sichel said she has been involved in a number of murder cases where mothers are convicted and sent to prison and are never tested or diagnosed for postpartum depression.

The doctor, who is not involved in the Sims case, said she helped overturn a Vermont verdict four years ago and was involved in other cases in which it was very clear from psychiatric notes that no one had a clue as to what was going on.

The women all got the short end of the stick of justice, she said. "Many women are delusional and don't remember what they say or do. If they are convicted without a competency hearing or evaluation, they are definitely entitled to a new trial," she said.

Assistant Public Defender Ron Slemmer, appointed to defend Sims, said he hoped to get to the real issue of what was wrong with the case, and postpartum depression was a big part of it.

State's Attorney Bill Haine said Sims is not entitled to a new trial because she had her chance to tell what happened on the witness stand.

"There is no evidence Paula was not fit to stand trial," he said. "She was obviously in control of the defense and never deviated from her original story. Now she wants to change after her stonewall defense was rejected by a jury."

Haine acknowledged that people suffer from depression and that postpartum depression probably exists, but he claimed Sims is trying to use pop psychology as an excuse for first-degree murder.

"She knew what she was doing," he said.

Experts say some form of postpartum disorder hits 50 percent to 80 percent of mothers of newborns; they suffer mood changes and shed uncontrolled tears during an emotional let down known as the "new baby blues." Experts believe the cause may be hormonal changes.

More serious disorders such as dark mood swings, appetite loss, anxiety and days of sleeplessness are common in up to 12 percent of new mothers. Many are depressed for months and tormented by thoughts of suicide and fantasies of killing their babies, said Tina Alder of the ABCD Help Source, a

postpartum support group in Chicago.

"Some cases are not as severe as the type Paula went through, but unless they are treated, they could be long-lasting and affect other children," she said.

Children are actually harmed by mothers in about one in 2,000 births, but most authorities agree those deaths or abuse are nothing the mother planned or meant to do.

"It is always something they regret," said Alder, who suffered a postpartum disorder after the birth of her child. "Postpartum women don't know what is happening and don't know where to go for help."

"While the act is going on, she is psychotic and living in a blur between reality and fantasy. She is sometimes able to put on a facade to make it seem like things are normal, but she doesn't understand her state of mind or the monster living inside her. In such a state, she reverts back to denial because it is less painful."

Sichel said many women are sitting in jail for infanticide when they should have been treated under a lesser charge like manslaughter.

A Brooklyn, N.Y., woman who concocted a kidnapping story after drowning her 3-month-old baby in 1988 was declared "not responsible by reason of mental disease or defect" in 1990.

The district attorney in Albuquerque, N.M., declined to prosecute a woman who slit her baby's throat during a psychotic episode, and a Bennington, Vt., woman was found not guilty by reason of insanity in 1988 for shooting her 6-week-old son.

Most cases never come to trial in England, where the Infanticide Act was passed in 1938. A woman who kills her infant within the first year can be charged only with manslaughter. The law recognizes postpartum psychosis as an illness requiring treatment and not as a crime requiring jail.

Kathleen Hamill, assistant

publishing a book this month titled *Postpartum Survival Guide*, said she is convinced Sims was mentally ill.

"A mental health evaluation on admission to Dwight Correctional Center diagnosed a major clinical depression, and she remained in the mental health unit the first year," she said.

Lack of treatment after Loralei's death only increased Sims' chances of reliving the postpartum disorder after a subsequent birth, she said, adding that the chance of a second episode goes up 50 percent for untreated women suffering a first postpartum episode.

Haine said he found it odd that Sims gave birth to a son, Handy, between the births — and deaths — of Loralei and Heather but killed only the girls.

Postpartum authorities said the illness, like most mental disorders, cannot be predicted.

"It recurs, but clearly not in some cases. It could also have been mild after the birth of one

child and resolved on its own," Sichel said.

Becker, who chronicled Sims' confession, said, "The point legally is not, did she do it, but did the law give her a shot at the very best defense? O.J."

Simpson will get that shot, but I don't know if a middle-class housewife from Alton did.

"Even if she was convicted, postpartum depression should have mitigated the sentence."

— From the Alton Telegraph

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Back-to-school days bring homework for parents

By Jane Cosby
Correspondent

The start of a new school year provides a great opportunity for parents to review their school responsibilities. Parents have homework, too.

But, your homework isn't teaching basic skills, like reading and math. Your job is to teach your child basic attitudes and habits that will enable him or her to learn and to succeed in life.

These attitudes and habits are outlined in Dorothy Rich's "Megaskills" (Houghton Mifflin Co., \$8.95). The book explains how to learn "megaskills" and tells parents how to teach these skills at home.

Here are Rich's megaskills. Encourage these attitudes and habits in your child, and school achievement will follow easily.

• **Confidence** — Children need to feel confident they can achieve. Without this "basic" skill, kids will not try hard and will give up when the going gets tough.

• **Motivation** — Children need to have an inner motivation, an enthusiasm for learning and new experiences. While teachers will need to provide some of the motivation for learning, parents need to provide most of it.

• **Effort** — School is hard work. Children need to be encouraged to give extra effort when the work gets difficult. Let your children know you believe hard work is the key to success.

• **Responsibility** — This skill is both an attitude and a habit. It is knowing what you should be doing and knowing what is right. Then you have to do that consistently.

• **Make sure your children understand their responsibilities.** Expect them to fulfill them, don't accept excuses.

• **Initiative** — This means you can get a job started and keep it to completion. This skill is the ability to show an interest in something and summon the energy to work hard. Help your children develop their interests.

• **Perseverance** — This is a difficult skill for everyone. Following through with an activity is something many adults have not mastered. When your children want to quit, help them keep going.

• **Caring** — You may not think of this as a learning skill. But we can learn many things from others. Your children have to be able to listen, show an interest in and a consideration for other people.

• **Teamwork** — Although this

skill is not always promoted in school, it is absolutely essential in the business world. Working toward a common goal and making a contribution to the work of other people is key to success in a job. Provide experiences for your children to work as a part of a team effort.

• **Common Sense** — Knowing what is reasonable and what is not comes through experience. Help your children see the cause and effect of their actions and to develop a sense of judgment about resources like time and money.

• **Problem-Solving** — Everyone faces problems. The ability to solve those problems is an essential skill. Help your children learn to ask questions to find the answers they need. Help them generate solutions to their problems and take reasonable courses of action to solve them.

If you have any questions or have a specific topic you would like to see covered in this column, please write to: ABCs For Parents, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

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Dr. William Masters to kick off SIUE program

Dr. William Masters, director of the respected Masters & Johnson Institute, will kick off the 10th anniversary season of the Arts & Issues series at Southern Illinois University at Edwardsville on Thursday, Sept. 22.

Speaking about "Sex: Myths and Misconceptions," Masters will appear at 7:30 p.m. in Meridian Hall of SIUE's University Center.

The institute is internationally recognized for its accomplishments in the field of human sexuality. In 1957, Masters was joined by Virginia Johnson and together they wrote many landmark texts. There is hardly a newspaper in America that has not carried articles about Masters and the institute which bears his name.

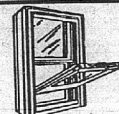
Masters began studying reproductive biology at the University of Rochester School of Medicine, where he received a medical degree in 1943. He then conducted extensive research, focusing on hormone replacement, sexual function and aging, and solutions to infertility.

He is now emeritus professor of Clinical Obstetrics and Gynecology on the faculty of Washington University School of Medicine in St. Louis, where his research began. In 1961, he was named a lecturer in human sexuality in psychiatry at Washington University School of Medicine.

Masters and Virginia Johnson wrote the landmark medical texts "Human Sexual Response" (1966) and "Human Sexual Inadequacy" (1970). Although written in medical terminology, both books became popular best sellers, emphasizing the scarcity of information available to the general public at that time.

Their subsequent books included "The Pleasure Bond" (1975), "Homosexuality in Perspective" (1979), "Ethical Issues in Sex Therapy and Research, Vols. I and II" (1977, 1980), "On Sex and Human Loving" (1986), and "CRISIS: Heterosexual Behavior in the Age of AIDS" (1988).

Tickets for the Sept. 22 event are \$6; full-time students of any age, \$2.



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NEWS

Child death reviews set

New legislation establishing Multi-Disciplinary Child Death Review Teams has now been signed into law, according to State Rep. Jay Hoffman (D-Collinsville), sponsor of the legislation and a member of the Child Fatality Task Force.

"Thirty-four other states already have similar review teams," Hoffman said. "We now finally have them in Illinois. They are essential to the process of child protection in Illinois. The task force, who drafted legislation creating the Child Fatality Task Force, said the review teams take a common-sense approach to child protection."

"Child Death Review Teams would review what happened during a child death, why it happened, and how similar deaths can be prevented in the future with this process."

The Hoffman legislation creates eight Multi-Disciplinary Child Death Review Teams made up of local state's attorneys, pediatricians, law enforcement officers, health officials, psychiatrists, coroners, trauma center workers, child welfare workers and school officials.

Benefit car wash Sunday



Cindy Schildman

A benefit car wash for cancer patient Cindy Evans Schildman will be held from 10 a.m. to 4 p.m. Sunday, Sept. 18, at O'Brien Tire and Service Center, Nameoki and Pontoon roads.

A benefit garage sale, to be held Oct. 1 at Cindy's parents' home, 2241 Dawn, is also being planned. Items from as far away as Charleston Ill., and Sikeston, Mo., will be available.

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SPORTS

Obituaries



Eva Goodwin

Eva L. "Lilly" (Stille) Goodwin, 87, of Granite City died at 1:50 a.m. Sunday, Sept. 11, 1994, at Colonial Care Center, Granite City, after a lengthy illness. She was born Jan. 12, 1907, in Marion, Ill., and had been a resident of Granite City for 58 years.

A homemaker, she was a member of Niedringhaus United Methodist Church in Granite City. Order of the Eastern Star and White Shrine.

Survivors include her husband, Denver "Buster" Goodwin, whom she married Feb. 9, 1924, in Harrisburg, Ill.; three daughters, Kay Green of Granite City, Billie Townsend of Brentwood, Tenn., and Betty Phillips of Greenville, S.C.; one brother, Charles Boone of Harrisburg; nine grandchildren; 16 great-grandchildren; and one great-great-grandchild.

She was preceded in death by her parents, Milton and Daisy (Jenkins) Stille.

Services are at 10:30 a.m. today, Wednesday, at Irwin Chapel, 3960 Maryville Road, Granite City, with the Rev. Bruce Rushing officiating. Burial will be in Sunset Hill Memorial Estates, Glen Carbon.

Memorials are requested for Niedringhaus United Methodist Church.



William Hargis

William Madison Hargis, 72, of Bumpus Mills, Tenn., formerly of Granite City, died Saturday, Aug. 27, 1994, at his residence after an extended illness.

Mr. Hargis was born Nov. 30, 1921, in Stewart County, Tenn., employed with Granite City Steel for many years and a civil servant on the Stewart County Board of Education, he was a World War I U.S. Army veteran. He was a member of Church of Christ in Bumpus Mills.

Survivors include his wife, Betty (Simpson) Hargis; two sons, Bill Hargis of Murfreesboro, Tenn., and Jackie Hargis of Bumpus Mills; two daughters, Shirley Heath of Rosalee, Tenn., and Billie and Ruth Novack, both of Granite City, and Edna Wallace of Bumpus Mills; and six grandchildren.

He was preceded in death by his parents, Robert J. and Lillie (Ezell) Hargis.

Services were held Aug. 29 at Anglin Funeral Home, Dover, with the Rev. Ken Gossett officiating. Burial was in Greenhill Cemetery, Bumpus Mills.

Rev. Dolly McGee

Rev. Dolly Inez (Fulcher) McGee, 87, of Granite City, died at 10:50 p.m. Monday, Sept. 12, 1994, at St. Elizabeth Medical Center, Granite City, where she had been a patient for a few days.

Born May 14, 1907, in DeSoto, Mo., she attended First Assembly of God Church in Granite City, where she served as evangelist prior to her retirement in 1960.

Survivors include one son, Francis McGee of Bowling Green, Ky.; one daughter, Fern Edwards

of Collinsville; 18 grandchildren; 32 great-grandchildren; and five great-great-grandchildren.

She was preceded in death by her husband, Durward McGee, who died in 1971; two sons, Victor McGee and Edward Hanstein; and her parents, Charles and Carrie (Farr) Fulcher.

Arrangements are pending at Irwin Chapel, 3960 Maryville Road, Granite City, 931-8000. Her grandson, the Rev. Kevin McGee, will conduct the services. Burial will be in St. Matthews Cemetery, St. Louis.

Memorials are requested for the American Heart Association.

Nickson Birkhead

Nickson (Nick) Clinton Birkhead, 74, of Old Monroe, Mo., died Saturday, Sept. 3, 1994, at St. Joseph Health Center in St. Charles. He was born Jan. 22, 1920, in Winfield.

Mr. Birkhead was a building superintendent for the St. Louis Public Library System, where he had been employed for 30 years before his retirement. He served in the Army during World War II.

He is survived by his wife, Estella Mae Birkhead of Old Monroe; one son, Harold Dean of Monroe; one daughter, Cathy Estella Birkhead of Bethalto; one brother, Bailey of Old Monroe; two grandchildren; and two great-grandchildren.

He was preceded in death by one brother, Wiley Birkhead, who died Saturday, Sept. 3, 1994, at the Winfield Baptist Church in Winfield with interment in New Salem Cemetery in Winfield.

Memorial donations may be made to the American Heart Association, 2010 N. Winchester, North Third Street, Winfield, MO 63389.

Della Maul

Della E. (Cochran) Maul, 87, of Venice died at 8:25 a.m. Friday, Sept. 9, 1994, at St. Elizabeth Medical Center after a two-year illness.

She was born July 4, 1907, in Altoona, Pa. She was a fountain manager at Watglen.

Survivors include one son, Edward L. Wicker of Holidayburg, Pa.; one daughter, Florence B. Wicker of Venice; seven grandchildren; 10 great-grandchildren; and four great-great-grandchildren.

She was preceded in death by her husband, Harry Maul; two daughters, Mary A. Reidler and Betty Lou Wicker; her parents, John and Nora (Vaughn) Maul; and two brothers, William Paul and Joseph Miller II.

No services were held. Her remains were cremated. Arrangements were by Irwin Chapel, Granite City.

Memorials are requested for the American Heart Association.

Gary McIlvoy

Gary P. McIlvoy, 45, of Granite City, died at 10:50 a.m. Saturday, Sept. 10, 1994, at St. Elizabeth Medical Center after a six-month illness.

He was born March 15, 1948, in Granite City, where he had been a lifelong resident.

A self-employed caterer for 10 years, he was a member of Eagles Aerie 1128 in Granite City. Survivors include his parents, Wayne and Velma (Raney) McIlvoy of Granite City; and one brother, Michael McIlvoy of Carmichael, Calif.

Services were Tuesday at Davis Funeral Home, Granite City, with the Rev. Bruce Rushing officiating. Burial was in Sunset Hill Memorial Estates, Glen Carbon.

Memorials are requested for Niedringhaus United Methodist Church, Granite City.

Robert Vaughn

Robert L. Vaughn, 82, of Granite City died Friday, Sept. 9, 1994, in St. Louis.

Mr. Vaughn was born Oct. 21, 1911, in Bernhill, Ill., and had been a resident of Granite City for more than 25 years.

A manager and treasurer with N & W Madison Federal Credit Union for 30 years, he was a member of Good Shepherd Methodist Church in Granite City.

Survivors include his wife, Edna (Frazier) Vaughn, whom he married March 21, 1969; two daughters, Debbie Gudak of Collinsville, Mo., and Christina Gudak of Rlyavh, Saudi Arabia; one stepson, Richard Hensley of Granite City; one stepdaughter, Carolyn Taylor of Granite City; his mother, (Schmitt) Vaughn; two brothers, Edward and Louie Vaughn, both of Granite City; and seven grand-

children.

He was preceded in death by his father, Paul Vaughn.

Services were Tuesday at Irwin Chapel, Granite City, with the Rev. John Reed, Rev. John Davis and Rev. Max Wood officiating. Burial was in Sunset Hill Memorial Estates, Glen Carbon.

Memorials are requested for Good Shepherd Methodist Church.

Harlin Hooks

Harlin Franklin Hooks, 73, of Edwardsville, formerly of Venice, died at 7 p.m. Friday, Sept. 9, 1994, at Anna Henry Nursing Home, Edwardsville, after a one-year illness.

Mr. Hooks was born Dec. 27, 1920, in Dover, Tenn. A warehouse parts department employee with Motor Transportation in St. Louis prior to his retirement in 1973, he was a member of Venice-Edwardsville American Legion. He was a retired master sergeant with the Air Force Reserves.

Survivors include his wife, Mildred (Koelker) Hooks, whom he married Aug. 13, 1949; one son, Rick Hooks of Edwardsville; one sister, Bertha Dix of Granite City; and two grandchildren.

He was preceded in death by one son, Tom Hooks; and his parents, Ferrell Fidelity Hooks and Lillie Mae (Fitzhugh) Hooks.

No services were held. His body was cremated. St. Louis University. Arrangements were handled by Irwin Chapel, Granite City.

Memorials are requested for St. Boniface Catholic Church in Edwardsville or the American Cancer Society.

Edward Owca

Edward J. Owca, 72, of Granite City, formerly of East St. Louis, died at 8:20 a.m. Saturday, Sept. 10, 1994, at his residence after a three-week illness.

He was born Oct. 22, 1921, in East St. Louis and had been a resident of Granite City for 25 years.

A welder with General Metals prior to his retirement in November 1983, he was a member of Holy Family Catholic Church in Granite City and International Association of Machinists and Aerospace Workers, Lodge 1545.

Mr. Owca was a World War II

Big Brothers seeks mentors

Big Brothers/Big Sisters is looking for local heroes to spend time with kids in need and role models and mentors.

An information meeting is scheduled on Thursday, Sept. 15, at 6:30 p.m. for individuals interested in learning about volunteering. The meeting will be held at the Big Brother/Big Sister office, 6400 W. Main St., Suite 1F, Belleville.

U.S. Navy veteran.

Survivors include four brothers, Stanley Owca of Madison, Joseph T. Owca Jr. and Leon Owca, both of Belleville, and Chester Owca of Granite City; two sisters, Antonia Owca and Geraldine Lopez, both of Granite City; and several nephews, nieces, great-nephews and great-nieces.

He was preceded in death by his parents, Joseph T. Owca Sr. and Victoria (Flak) Owca; two brothers, Peter and Ferdinand Owca; and one sister, Victoria Owca.

Visitation is from 4 to 8 p.m. today, Wednesday, at Thomas Memorial Mortuary, 2205 Pontoon Road, Granite City, where a wake service will be held at 6:30 p.m. today.

Services will be at 9 a.m. Thursday at Holy Family Catholic Church, 2806 Washington Ave., Granite City, with the Rev. Robert DeGrand officiating. Burial will be in St. Adalbert Cemetery, Fairview Heights.

Memorials are requested for Holy Family Catholic Church.

Hospital

(Continued from Page 1A)

than what is proposed, we will consider it," she said.

A registered nurse who asked not to be identified told a report or last week that tentative plans call for the closing of an entire floor at the medical center, effective Sept. 28.

The nurse said the closure would eliminate the need for 21 registered nurses.

Plans call for the cuts to be made first by attrition in the form of early retirement and then by lay-offs, the nurse said.

Those nurses on the floor to be closed with seniority who decide to continue their employment will be given the opportunity to choose other assignments and "bump" nurses with less time served, the nurse said.

Law

(Continued from Page 1A)

•Flood

of a defect in a home before signing a contract, and would prevent the seller from later claiming that he wasn't aware of the problem and selling.

"Buying decisions should be well-informed with a house or car or whatever. This will give the buyer as much information as possible, including the intricacies like whether the plumbing and furnace works," said Flood.

Some area real estate companies already use property disclosure forms, including many Granite City companies.

"I understand there will have to be some minor changes made to the present form, which was originally provided by the Illinois Association of Realtors. But most of the new form will have typical information of Realtors. But most of the new form will have typical information of Realtors. But most of the new form will have typical information of Realtors."

Spicuzza recalled an incident five years ago in which a buyer discovered a faulty air conditioner in the home he had just purchased and was able to persuade the seller to fix it, in large part because the seller had signed a form stating there were no problems with the air conditioner.

Under the new law, the seller alone is responsible for completing the disclosure form, and for honestly disclosing only those problems of which he or she has knowledge.

The form includes 22 questions pertaining to the condition of the property, including the structure, roof, electrical system, foundation, plumbing, air conditioning, furnace and high levels of lead paint, radon or asbestos.

Spicuzza said real estate agents can explain the form to those selling homes, but will not tell them how to fill it out.

"Nobody knows the property like the seller. If they have any questions, we recommend they contact a real estate attorney."

Residential Real Property Disclosure Report forms are available through many Realtor offices.

Mandatory property condition disclosure already has been enacted in 16 other states nationwide, including Alaska, Delaware, Indiana, Iowa, Kentucky, Maine, Maryland, Michigan, Mississippi, New Hampshire, Ohio, Oregon, Rhode Island, South Dakota, Texas, Virginia and Wisconsin.

Group to hear talk on humor, health

The September Ostomy Support Group meeting will feature a presentation by St. Elizabeth Medical Center's Community Education Coordinator Sue Watkins, a registered nurse.

"Humor for the Health of It." The meeting will be held at 2 p.m. Tuesday, Sept. 27, in the president's room in Bonaventure's Cafeteria on the ground floor of St. Elizabeth Medical Center, 2100 Madison Ave., Granite City.

Watkins received her associate's degree in nursing from Kaskaskia College. She earned her bachelor of science degree from McKendree College. She is also certified as a critical care nurse.

Prior to joining education resources, she worked in the critical care unit and the acute medical care unit at SEMC.

In addition to being an American Heart Association-certified CPR instructor and instructor trainer, Watkins is immediate past president of the Metro East American Association of Critical Care Nurses. She is also a member of the local AACN Board of directors.

Everyone is invited to attend the meeting. Refreshments will be served after the presentation.

The Ostomy Support Group is designed to provide fellowship among people who share a common experience and can provide support to others. It is open to anyone who has had a colostomy, ileostomy or urostomy.

Direct

The right time to let primary care physicians you're feeling well - you're sick.

St. Elizabeth Medical Center has published a list of area residents find they are looking for acquaintances with range of care available.

SEMC. To receive your copy, contact SEMC Physician Director at the public relations at 798-3167, or stop information desk in the medical center.

Most people want primary care physicians, internists, obstetricians, gynecologists, pediatricians are the primary care physicians are the physicians often for checkups

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Directory offers help in choosing physician

The right time to find a primary care physician is when you're feeling well, not when you're sick.

St. Elizabeth Medical Center has published a listing of its medical staff members to help area residents find the physician they are looking for and acquaint them with the full range of care available at SEMC.

To receive your copy of the SEMC Physician Directory, call the public relations department at 798-3187, or stop by the information desk in the lobby of the medical center.

Most people want to find a primary care physician. Family practitioners, internists, obstetricians, gynecologists and pediatricians are considered primary care physicians. They are the physicians you see most often for checkups and

problems. Because they are familiar with your past history, these physicians can usually give you the fastest and most exact care. They know existing problems you have that would interfere with treatment. A primary care physician can direct you to a specialist, if they feel they cannot adequately treat your condition.

In an emergency situation, they can help by consulting with the physician providing your emergency care, saving the emergency physician time and providing you with better care.

It is important to find a primary care physician you can be comfortable with. You need to feel free to discuss any problems that could influence the effectiveness of the medical care you receive. Also, you need to feel free to ask questions and

know that you will understand the answers.

Consider the following:

Is the physician accessible? It is important to you that the physician's office be close to your home or work, or would you mind a longer drive? Does the physician treat patients at the local medical center, or will you need to go to a hospital farther away from your home?

Is medical assistance available to you if you become ill after office hours? These questions are only guidelines. There may not be a physician in the area who fulfills each or your criteria. Do not reject a physician because of these guidelines. You will probably need to visit his or her

office to determine if you would like to have that particular physician as your primary care physician.

The answers to these questions may be hard to determine without visiting every physician who matches your preferences. Ask friends, relatives or co-workers about their experiences. Try to use them as a general guideline. They may not have the same idea of an ideal physician that you have. You still need to visit the physician yourself before you make your final decision.

SEMC has a physical referral line at 798-DOCS (798-3627), which can give you names and numbers of more than 140 physicians in 27 specialties.

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Specialized Services gets job

Specialized Services Inc. has been awarded a \$9,400 contract for janitorial services at the Collinsville Illinois Environmental Protection Agency office.

Specialized Services will provide one employee to clean the IEPA office at 8009 Mall St. The agency provides job training and other services for people with disabilities.

The contract was awarded through a state program that provides employment opportunities for the disabled. Specialized Services is one of nearly 100 agencies in the program.

From the Alton Telegraph

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Where Beautiful Things Begin

Summer's almost gone, yes, winter's comin' on. Back around 1960, you could slip a nickel into a jukebox and hear those lyrics on a hit record. But some things don't change with time. Our 1994 summer's almost gone and the end of the gardening season is rapidly approaching.

As summer fades into fall, the flower garden takes on a ragged, forgotten look. Or does it? It doesn't have to.

If you plant chrysanthemums, it won't have a forgotten look at all, but quite the opposite. These plants, which we'll refer to as "mums" from here on in the interest of space and readability, really begin to shine in the fall. And there are so many different flower types in brilliant shades of yellow, gold, red, bronze, purple, pink... a virtual rainbow of colors from early August until well into fall.

Mums are very easy to grow. They thrive in full sun and a well-drained soil amended with peat moss, compost or other organic matter. If you plant mums in partial shade, you'll probably get a plant with lots of leggy stems, but few flowers. Plant mums as you would any other perennial.

These many-hued fall bloomers have hearty appetites. Feed mums a high-phosphorus fertilizer such as Frank's Flower and Garden Food about halfway through the bloom period.

Later in the fall season, cut back stems that have been killed by frost. Once the ground has frozen, cover the area with a 2" to 4" layer of mulch.

Many people would like to plant pot or greenhouse mums in their garden. These mums are very similar to garden mums, in fact they share the same botanical name. However, most pot mums bloom very late when grown outdoors - two late for a decent floral display. Many of the buds and flowers are

damaged or killed by hard frosts. In addition, some varieties are not hardy and would not survive the winter.

Mums developed especially for use outdoors will give you the healthiest plants and an outstanding display year after year. If you're in doubt as to which mums are meant for indoors or outdoors, ask one of the sales associates at Frank's for assistance.

Let's get back to frost. Since we can't control frost, we can protect our plants from it. A light frost is when temperatures reach 28°F; it's considered a heavy frost below that. Plants can sometimes be protected from frost by covering them with cloth, such as a sheet, or newspaper. Never use plastic to cover plants, because leaves and stems that come in contact with it are usually damaged by the cold.

If you discover frost on your plants, it may be possible to save them if you lightly sprinkle them with water before the sun comes up.

Every gardener should know the average date of the first fall frost. In the St. Louis area, it's a long way off yet, November 8. But remember, that's average. Mother Nature can act in strange ways and an earlier frost is very possible.

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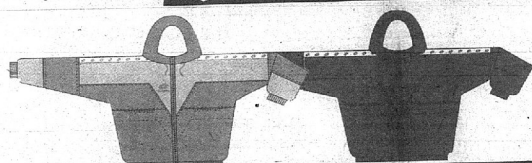
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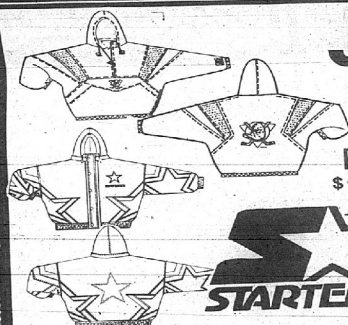
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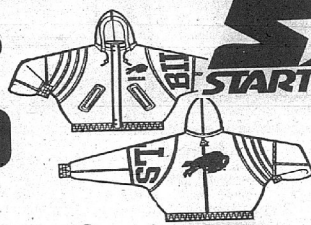
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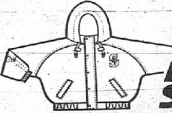
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School

Gov. Jim Edgar signed legislation the licensing of school bus drivers by requiring that they be fingerprinted as part of a criminal history check. Effective July 1, 1995, all school bus drivers will require a criminal history check. The measure also requires that school bus drivers be fingerprinted as part of a criminal history check. The measure also requires that school bus drivers be fingerprinted as part of a criminal history check.

Routine check-saves

It was at a routine check-up with her family doctor, Becky Gotheridge, that she might be a problem. Shocked and up, Gotheridge described feelings to such a doctor that she had always been there was not any in her family. Her physician sent her to other tests and evaluations. "I went to two Gotheridge said. a gynecologist, and for a mammogram discovered by the I went to (another) it was confirmed Gotheridge, who old at the time, cancer diagnosis over the telephone another doctor to with the necessary medical treatment was upset with her been told of her. "I was told of work, which ang said. "I went to She was wonderful. It's with all day long surgical oncology. After discussion and treatment of doctors, she also family members literature she breast cancer, treatments. "I was in stage development," "My lump was and I had eight nodes affected. She decided to have a lumpectomy surgery procedure to remove the lump instead of a mastectomy. She underwent a second auxiliary dissection the removal of the lump. Gotheridge's performed at a hospital. She said the doctors' understanding of breast cancer through this diagnosis. After the surgery, she had six chemotherapy treatments. The removal of the lump was a six-week radiation, five. It is important to do self-exams. Gotheridge said doctor they try with all the treatments. "Be sure you frequently, but confidence with and surgeon, your body," "You have to get on with it short." It has been Gotheridge's breast cancer said she is a positive outlook helped her diagnosis, the treatment. "I don't do Gotheridge said now I feel like person alive be grateful for

Most For Domestic

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School bus drivers fingerprinting OK'd

Gov. Jim Edgar recently signed legislation to strengthen the licensing of school bus drivers by requiring them to be fingerprinted as part of their criminal history check.

Effective July 1 the measure will require applicants for school bus driver permits to provide fingerprint identification for state and federal criminal background checks before they can transport students.

Senate Bill 1733 also expands the list of crimes that disqualify an individual from receiving a school bus driver's permit to include carjacking, felony weapons offenses and the sale of alcohol to underage persons.

It also imposes a three-year permit suspension for drivers who fail a drug test. Applicants who fail a drug test will be barred from receiving a permit for three years.

The measure also streamlines

the application procedures by consolidating the licensing, permitting and testing services for school bus drivers in the Secretary of State's office, rather than splitting the process between the Secretary of State and Regional Superintendents of Education.

Costs of the processing, fingerprinting and background check by the Illinois State Police and

F.B.I. will be covered by a \$48 fee paid by the applicant or school bus operator.

There are about 25,000 licensed school bus drivers in the state, and it is estimated that 5,000 to 8,000 drivers will be fingerprinted annually. Current school bus drivers are exempt from the fingerprinting requirement if they do not let their permits lapse.

Senior menus

Donations for noon meals are \$1.75. Call a day ahead for a reservation, 677-4375.

Wednesday, Sept. 14
Ham and beans, creamy cole slaw, corn bread, fruit cocktail.

Thursday, Sept. 15
Chicken patty, potato triangle,

stuffed zucchini, bun, chocolate ice cream.

Friday, Sept. 16
Fried fish fillet, baked potato, broccoli and cheese, rye bread, lemon pudding.

Monday, Sept. 19
Lasagna, garden salad, Italian

vegetables, french bread, chocolate chip cookies.

Tuesday, Sept. 20
Country fried steak, whipped potatoes with gravy, green peas, wheat bread, fresh fruit.

Routine check-up saves life

It was at a routine check-up with her family doctor when Becky Gotheridge was told there might be a problem — a lump in her breast.

Shocked and upset — which Gotheridge described as a typical feeling to such news — she said she had always been healthy and there was not any breast cancer in her family.

Her physician immediately sent her to other doctors for tests and evaluations, she said.

"I went to two doctors," Gotheridge said. "I first went to a gynecologist, and he sent me for a mammogram. It was discovered by the mammogram, I went to (another) doctor, and I was confirmed it was cancer."

Gotheridge, who was 49 years old at the time, said after the cancer diagnosis was confirmed over the telephone, she sought another doctor to carry through with the necessary surgery and medical treatment because she was upset with the way she had been told of her diagnosis.

"I was told over the phone at work, which angered me," she said. "I went to another doctor. She was wonderful, absolutely wonderful. It's what she deals with all day long. She's a surgical oncologist."

After discussing her illness and treatment options with her doctors, she also, along with family members, read all the literature she could find about breast cancer, surgery and treatments.

"I was in stage 2 (of development)," Gotheridge said. "My lump was 2 centimeters, and I had eight of 20 lymph nodes affected."

She decided to go ahead with lumpectomy surgery, a procedure to remove the lump, instead of a mastectomy to remove the breast as a whole after the lumpectomy, she also underwent a second surgery, an auxiliary dissection, which was the removal of her lymph nodes.

Gotheridge's surgeries were performed at Jewish Hospital, she said the doctors' and nurses' understanding and professionalism helped her cope through this difficult period.

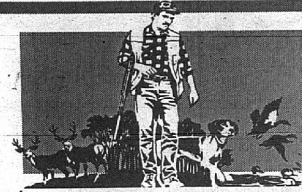
After the surgeries, Gotheridge had six chemotherapy treatments. The treatment ended with a six-week regimen of radiation, five days a week.

It is important for all women to do self-exams and check-ups, Gotheridge said. Women facing breast disease should choose a doctor they trust and go through with all the treatment, she said.

"Be sure you check yourself frequently, be sure you have confidence with your oncologist and surgeon, pay attention to your body," Gotheridge said. "You have to take care of it and get on with life. Life's too short."

It has been two years since Gotheridge was told of the breast cancer diagnosis. She said she is a person with a positive outlook about life, which helped her through the initial diagnosis, the surgery and the treatment.

"I don't dwell on that (time)," Gotheridge said. "I would say now I feel like I'm the luckiest person alive. I have so much to be grateful for."



THE SPORTS AUTHORITY

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LOCAL NEWS

Weight management program set

The healthy weight management program offers the latest techniques in weight management at the Wellness Center, 2100 Madison Ave., in Granite City.

Taught by a registered dietitian, this eight-week plan analyzes eating patterns, teaches good nutrition and assists in unlearning inappropriate eating habits, thus promoting gradual sensible weight loss. Sessions focus on specific individual needs and realistic goals. Classes cost \$20.50 and begin Wednesday, Sept. 21.

Wellness Center fitness memberships are also available, offering you a well-rounded program for achieving a healthier lifestyle. In addition to various types of exercise equipment and low-impact walking track, a variety of classes are held at the center to help individuals overcome health problems like diabetes, weight management, stress and smoking. The Wellness Center is a division of Providence Occupational Health Services.

To learn more, call the Wellness Center at 798-3935.

Waterloo man gets conservation post

Marvin Ries of Waterloo has been elected president of the Illinois Association of Resource Conservation and Development Areas. The Illinois Association of Resource Conservation and Development Areas is an organization of not-for-profit regional natural resource protection and development organizations covering more than 60 counties in Illinois.

Ries indicated that all counties that are in a RC&D area have dedicated council members working hard to bring jobs to their communities based on the natural resources of their area. Council members across the state have their eyes open and ear to the ground for innovative projects and funding opportunities.

RC&Ds deliver technical assistance to groups and communities to help them utilize their natural resources in a sustainable manner.

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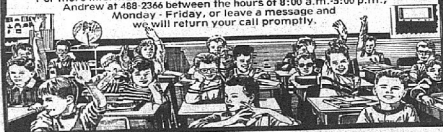
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For more information or to obtain a registration form, call Patricia or Andrew at 486-2366 between the hours of 9:00 a.m. - 5:00 p.m., Monday - Friday, or leave a message and we will return your call promptly.



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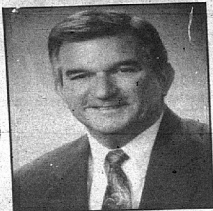
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Section B



SOCCER

Metro East individual
and team scoring lead-
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Page 2B



Art
Voellinger

South Side's trip to tourney to be saluted

While high school sports have stolen the spotlight in the fall, South Side's men's football team, of Belleville, raised enough funds to make a trip to the national tournament in Salem, Ore.

South Side is bound to be among the notables Sept. 23 at the annual City League awards banquet at the South Side Hall. Cost is \$10 per person with festivities, including food and drink, slated to start at 6 p.m. Information can be obtained from any City League manager or at South Side.

IN 11 YEARS as host of the state Class A tourney, South Side failed to gain a state crown, but this season roared through the action at Alton to become the first City League entrant to win a state crown.

Interestingly, in the regional at Edwardsville, South Side lost twice to City League entrant Eager Beavers.

How did South Side then prevail at state?

While the pitching of Bob Mueller and Shane Winter are obvious ingredients, timely hitting was as valuable.

State tourney MVP Ron Edggar was the South Side leader whose spark was noted by Bill Marten, the player-manager of Peacock Site of the City League.

"He'll go through the regular season hitting in the mid-300s, and then a tournament will come along and he'll hit .500," said Marten.

MARTEN is accurate since a list of City League statistical leaders is not dominated by South Side.

Only pitcher Steve Mitchell with an 11-2 record (South Side was 64-11 overall) earned one of the postseason statistical honors announced by league vice president and statistician Noel Schott.

Mitchell led in earned-run average at 0.50, shutouts (seven) and strikeouts with 141 in 84 innings while allowing just 39 hits and 13 base on balls.

While he gained most valuable pitcher honors, the most valuable player plaque was won by Mike Rakers, catcher with John D's. Rakers not only led in home runs (13) and runs batted in (30) tied with Tony Summers (Peacock Site), but was second in hits (32 tied with Ron Ames, John D's) and fourth in batting average (.422).

BRYAN ZIFFEL of the Boomerangs led all hitters at .470, followed by Ames (.464), Brad Bruckner (.448), Peacock Site; Rakers; Grey Bahorich (.425), Peacock Site; Dave Stewart (.400), South Side; Tim Hopkins (.389), Muehl's; Keith Teubert (.388), Muehl's; Doug Siebenberger (.380), South Side; and Kurt Hill (.377), TE's.

Bahorich was second in homers (10), and Summers third at nine. Touchette led in triples with four while Ziffel was first in doubles with none and Bruckner second with eight.

Hopkins and Bahorich tied for third in RBIs with 26 while Frank Evans of the Beavers and Jerry Yackel of the Boomerangs shared the stolen base lead with 11. Bahorich led in hits with 34.

While Marten of Peacock led in runs with 25, Matt Hodge of Peacock led the league in wins (12).

(Art Voellinger is the baseball and soccer coach at O'Fallon High School. He writes a twice-weekly column for the Journal.)

Southwestern Conference			
Team	League	Overall	
Alton	1	0	3
Belleville West	0	0	2
East St. Louis	0	0	2
Belleville East	0	1	0
Granite City	0	1	0
Collinsville	0	1	0

Friday, Sept. 9
Belleville West 25, Granite City 14
Alton 5, Collinsville 0 (Forrest)
Mehlville (Mo.) 18, Belleville East 7
Saturday, Sept. 16
Hazelwood (Mo.) East 61, East St. Louis 13

Friday, Sept. 16
Granite City at Collinsville, 7:30
East St. Louis Lincoln at Alton, 7:30
East St. Louis at Belleville West, 7:30
Belleville East at St. Louis University High, 7:30

Greg Bider
A Flight

John Green
A Flight

LOCAL JOURNAL SPORTS

WEDNESDAY, SEPTEMBER 14, 1994
GRANITE CITY JOURNAL

GOLF

The Legacy is taking
sign-ups for a four-player
scramble next month.

Page 3B

Journal Writers' Poll Football

LARGE SCHOOLS

1. Hazelwood East (1)..... 2-0
2. Mehlville (9)..... 2-0
3. SLUH (2)..... 2-0
4. Sumner (2)..... 1-1
5. East St. Louis (3)..... 1-1
6. Eureka (4)..... 1-1
7. Howell North (10)..... 2-0
8. Hazelwood Cent. (NR)..... 2-0
9. Lincoln (8)..... 3-0
10. Riverview (NR)..... 2-0

(Last week's ranking in parentheses)

Also receiving votes: Howell, Parkway Central, Parkway South, O'Fallon, Westview, McCluer and Hazelwood West.

SMALL SCHOOLS

1. Fetus (3)..... 2-0
2. Lutheran North (2)..... 2-0
3. MICDS (5)..... 1-0
4. Freeburg (NR)..... 3-0
5. John Burroughs (NR)..... 1-0
6. Ladue (1)..... 4-0
7. Clayton (8)..... 2-0
8. Duplo (NR)..... 3-0
9. St. Charles West (8)..... 1-1
10. St. Charles (10)..... 1-1

(Last week's ranking in parentheses)

Also receiving votes: Priority, Duchesne, Jennings, Herculaneum, De Solo and Lutheran South.

Journal Writers' Poll Boys Soccer

Week of Sept. 14

1. CBC..... 4-0-1
2. Granite City..... 6-0-0
3. Aquinas-Mercy..... 1-0-0
4. Mehlville..... 5-0-0
5. Chamade..... 4-0-0
6. Howell North..... 6-0-0
7. Rosary..... 3-1-0
8. DeSmet..... 3-2-0
9. Fox..... 3-0-1
10. Riverview..... 4-1-0

(Last week's ranking in parentheses)

Also receiving votes: SLUH, Parkway West, O'Fallon, Fort Zumwalt North and St. Mary's.

Five winners cross Tri-City finish line

Champion sparked five drivers to wins in Saturday's Champion Spark Plug Challenge Series at Tri-City Speedway.

Drivers competed for points through the Champion Spark Plug Dash during the season, and the top six in each racing division were invited to compete in the Challenge Series on Saturday. In addition, five Champion Spark Plug "Top Performers" were crowned.

JOHN BARRICK RACED to his first win of the season in the Challenge for SKEAL Bandit Racing Sprint Cars, topping Randy Bateman, Chuck Schless, Tommy Scott, Wayne Sternbergh and Tommy Mikkels. Scott was also named "Top Performer" on the strength of seven Challenge wins over the season.

"Dandy" Don Klein won one of the most prestigious races of his career by winning the Challenge for Allied Auto Racing Association (AARA) Modifieds.

Klein's second Champion Spark Plug Dash win of the season, second through sixth were Mark Schaefer, Marc McClintock, Jeff Masson, Dave Boston and Tim Ratajczyk.

Bubb Smith capped the Top Performer crown in the Budweiser Pro Stock division after scoring five Challenge victories this year. Steve Groz won Saturday's Champion Spark Plug Challenge.

Rich Steyn snagged his second Super Sportsman Challenge win of the year, while Bob Bittle was named the Friday, Sept. 9, "Man of the Week" for his performance in the Top Performer title in the AARA winning Saturday's Challenge.

The Coca-Cola Classic Weekend at Tri-City includes the Great Midwest Sprint Car/Midget Shootout on Friday and the Clark Racing Series Night of Champions on Saturday.

THE INTERSTATE RACING Association (IIRA) Outlaw Sprint, from Northern Illinois, will come to Tri-City on Friday for their first appearance and double the racing program with the Midwest Auto Racing Association (MARA) Midgets.

Over 75 entries, including Belleville's Steve Knepper and last year's Tattersall Memorial winner, Page Jones, are expected to form the best team.

Edwardsville coach Dick Gerber

(See SCRABBLE, Page 4B)



Granite City senior Jon Reader looks to get the ball under control as a defender moves in.

The Warriors regrouped quickly after allowing Eckert's goal, which came 11 minutes into the game. Granite City coach Gene Baker said the goal came on a questionable play.

"It was almost a handball," Baker said. "We pretty much shut it down after that."

SCOTT NEMETH, TEAMING up with Nemeth Petroski up front, got the Warriors going at the 22-minute mark with a header goal off a corner kick.

Two minutes later, Petroski connected to give the Warriors the lead. Petroski added another goal — his ninth of the season — in the second half to close out

the scoring. Earlier in the second half, Nemeth scored his second goal of the game.

Nemeth played striker along with Petroski, and both seniors enjoyed numerous scoring opportunities. Senior midfielder Matt Little recorded assists on all four goals.

"He's working hard," Baker said of Little. "He's got a high work rate and he's played real

well for us."

"Petroski had a bunch of great chances. He had a good game."

BAKER SAID THE Warriors had little trouble with the Maroons after a slow offensive start and Eckert's goal.

"The big thing was we needed to put some marks on the board," Baker said. "We'd have liked to get the shutout, but we'll

go on from there."

The Warriors remained undefeated and improved to 3-0 in the Southwestern Conference. The Warriors have defeated Belleville West and Alton and received a forfeit victory over Collinsville last week.

Granite City was scheduled to face Belleville East in another

(See WARRIORS, Page 4B)

GCHS gridders gaining ground

Warriors build confidence in 25-14 loss to Maroons

By Tony Panozzo
Staff writer

Three games into the season, Granite City football coach Don Harris finally got the effort he was looking for. Unfortunately for the Warriors, there was nothing different about the and result.

The Warriors dropped to 0-3 last Friday after falling 25-14 to Belleville West. The Maroons used a combination of big plays and timely defense in the second half to pull out the Southwestern Conference victory.

Granite City, however, had the lead at halftime and was within striking distance of earning its first win of the season. The Warriors led 14-12 at the half after a pair of touchdown passes from quarterback Jeremy Hoback to tight end Matt Kelahan wiped out a 12-0 deficit.

THE PERFORMANCE WAS a dramatic turnaround from the previous two weeks, when the Warriors managed just six points in a pair of losses to Cahokia and O'Fallon.

"We played a much improved game," Harris said. "We had

some kids come along and improve as football players. We were trying to gain some confidence and get some game experience under our belt, and that's what happened."

"We put ourselves in a good position to win the football game. We were real pleased at halftime."

The Warriors held a two-point lead at the half, but there were some mixed emotions as well. Late in the second quarter, GCHS lost full-back/linebacker Pat Curry to a game-ending injury.

Curry suffered a minor concussion after running into a light pole near the sideline at Township Stadium. The senior standout had to leave the game after gaining 60 yards on just six carries.

HIS FINAL RUN was a draw play that went for 24 yards. The Warriors managed to score on

(See GCHS, Page 2B)



Kyle Briggs (right) tries to slow down Belleville West quarterback Bryan Hanvey in Friday's game at Township Stadium.

(Staff photo by PATRICK HANES)

Spartans bomb Flyers, Shannon 61-13

By R.J. Gerber
Staff writer

It was billed as "The Game," but it turned into "The Mismatch."

Saturday night's prep football game at Busch Stadium between East St. Louis and Hazelwood East, the two winnests programs in the St. Louis area the past decade, was over before halftime.

The Flyers (2-1) were blasted 61-13 and were held to a single first down during the first two quarters and minus 6 yards rush-

ing. Meanwhile, the Spartans rolled up 40 points and took advantage of rattled Flyer quarterback Lawuan Powell.

Hazelwood East, which features 17 seniors on its roster and is ranked 15th by USA Today, dealt Shannon his worst defeat in his 19 seasons.

THE 61 POINTS are the most ever to be scored against a Shannon-coached Flyer team.

With only one day of organized practice, the Edwardsville Tigers fired a combined 12-under par 204 Saturday to capture the team championship in the 19th Annual Granite City Scramble Golf Tournament at Arlington Heights.

"We had some guys that were intimidated by the surroundings," Shannon said. "But

Hazelwood has it all right now. They're a great football team."

The game was over in a hurry. Hazelwood's offensive line, led by 6-3, 285-pound behemoth Dave Webber, dominated the Flyer defense. Hazelwood East scored eight of its nine touchdowns on rushing attempts — the other came on a fumble recovery.

Lightning-quick Ricardo Rhodes got the Spartans on the board after Powell fumbled on the Flyers' opening series. It was the first of four turnovers for Powell and the Flyers.

(See FLYERS, Page 2B)

Edwardsville golfers win GCHS scramble tourney

By Rob Raphael
Correspondent

One has to wonder what some of these teams might do if they had more time to practice.

With only one day of organized practice, the Edwardsville Tigers fired a combined 12-under par 204 Saturday to capture the team championship in the 19th Annual Granite City Scramble Golf Tournament at Arlington Heights.

THE TOURNAMENT WAS hosted by the Arlington Golf Club and Granite City High

School golf coach Boone Chaney. Mike Suhre and Ronnie Hansen combined on an 8-under 64 in the 'A' flight, including a record-breaking 30 on the front nine, to lead the Tigers to their sixth Scramble title in 14 years.

Edwardsville was also bolstered by the 'C' flight team of juniors Phil Gersman and Tom Wells, who just missed the same record by firing a 31 on the out-

nine en route to a 60.

"The secret in this type of format is to blend the right players together to form the best team," Edwardsville coach Dick Gerber

(See SCRABBLE, Page 4B)

SPORTS

•GCHS

(Continued from Page 18)

the drive, but Curry sat out the rest of the game and his absence in the second half had a noticeable effect on the Warriors — both offensively and defensively.

Curry, a three-year starter, is Granite City's leader and one of three captains on the squad. "It had a big impact on our defense," Harris said. "He had a sack in the first half and was having a great game."

"He was running the ball real well. He's a much improved runner this year. He was real disappointed because he knew he could help the team."

With Curry sidelined, several Warriors stepped up their game. On the final drive of the first half, Mike Kallert took over at fullback. On fourth and one, he got the call and earned a first down to keep the drive going inside the Maroons' 10-yard line.

Hoback then hooked up with Kelahan for a 4-yard scoring pass, and Kyle Briggs added the extra point to give the Warriors their first lead of the year at 14-12.

Granite City, however, came close to taking the lead earlier in the game. The Warriors recovered an onside kick to begin the game, but the offense stalled and a punt pinned the Maroons deep in their own territory.

Granite City's defense then forced the Maroons to punt on their own 14-yard line. A bad snap threw off West punter John Rainbolt, who had trouble fielding the ball and getting off his kick in front of heavy pressure by the Warriors. Rainbolt's resulting kick sailed near West's 5-yard line, and GCHS was called for a roughing the kicker penalty. Harris saw the play differently and drew an unsportsmanlike conduct foul after arguing his case.

Harris was furious with the call, which resulted in a first down for the Maroons at their own 37.

"It was a difference of opinion," Harris said. "I wasn't real happy with that call. We knew their punting game was not real good. It was a bad snap and the kid was scrambling around with the ball."

"That's a big call. We could have had first down on the 4-yard line and we could have opened (the scoring) up. With a young team, the first score means a lot."

The Maroons found the end zone first on a 43-yard touchdown pass from quarterback Bryan Hanvey to Aaron Krill. The Maroons made it 14-0 in the second quarter on a 40-yard run by Hanvey.

The Warriors began their comeback later in the quarter when Andrew Harris recovered a fumbled punt return by Dwayne Hawkins, giving GCHS the ball at West's 23. Four plays later, Hoback hit Kelahan with a 23-yard touchdown pass and Briggs kicked the extra point to make it 14-7 with 5:48 remaining.

After a punt by the Maroons, the Warriors began their second scoring drive. Hoback capped it off with a short pass to Kelahan with seven seconds left in the half.

Hoback, a junior, took some of the burden off Granite City's ground game with the two touchdown passes to Kelahan.

"We're working on our passing game," Harris said. "At times (Hoback) steps up and does a good job, and at times his experience shows through. But that's part of the growing process. Hopefully, he'll learn from his mistakes."

"Kelahan gives us a good look. He's got some quickness for a tight end."

In the second half, the Maroons held the Warriors scoreless and scored twice on a 77-yard touchdown run by Dwayne Hawkins and a 4-yard run by Dan Dohrman.

Harris said despite the team's inability to score in the second half, he was pleased with several players who stepped it up in Curry's absence.

Tailback Billy Niepert finished with 80 yards on 22 carries. Harris also praised two junior line backers, John Sellers and Bob Ellis, and lineman Brian Worthen.

"Brian just played his heart out," Harris said. "We had some kids who gave phenomenal effort. I was very proud of our kids. We moved the ball around a little bit and gained some confidence."

Harris hopes Granite City's confidence carries over when the Warriors visit Collinsville on Friday.

"Belleville's a good football team," Harris said. "To play with a team of that caliber, that just gives the kids confidence. But that's something we have to build on."

ond-half touchdowns and shut out the Flyers the rest of the way. Shannon accepted the defeat and looked to the future. "I just want to put this behind me as fast as I can," he said. "I've had to struggle for everything. I've never coached against a team as skilled and talented as (Hazelwood East)."

•Flyers

(Continued from Page 18)

Rhodes, a 5-5, 160-pounder, scored from one yard out at the 8:48 mark of the opening period. The Flyers then punted on their next possession and Charles Williams capped a 52-yard drive with a 19-yard touchdown run to make it 13-0.

The Flyers recovered when James Buford scored on a 78-yard pass play from Powell to make it a six-point game.

After another scoring drive by the Spartans, Buford and Powell hooked up again for a 59-yard strike. But Hazelwood East's offense put the game out of reach with a second-quarter barrage and led 40-13 at halftime. The Spartans added three sec-

Soccer

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Team Leaders

Offense		
Team (Record)	Goals	GPA
Triad (1-0-0)	9	9.00
Waterloo Gibraltar (2-0-0)	12	6.00
Waterloo (4-0-0)	23	5.75
Granite City (6-0-0)	13	4.33
Alton Marquette (1-1-0)	7	3.50
Mascoutah (1-2-0)	10	3.33
O'Fallon (2-0-1)	4	1.33
Alton (0-1-0)	1	1.00
Belleville West (0-1-0)	1	1.00
Wescinn (0-2-0)	2	1.00
Defense		
Team (Record)	Goals	GAA
Waterloo Gibraltar (2-0-0)	0	0.00
Triad (1-0-0)	0	0.00
Waterloo (4-0-0)	1	0.25
Granite City (6-0-0)	1	0.33
O'Fallon (2-0-1)	1	0.33
Alton Marquette (1-1-0)	2	1.00
Metro East Lutheran (0-1-1)	2	2.00
Belleville West (0-1-0)	2	2.00
Mascoutah (1-2-0)	10	2.50
Granite City (6-0-0)	4	4.00
Shutouts		
Team	Shutouts	SO
Waterloo	3	3
Granite City	2	2
Waterloo Gibraltar	2	2
O'Fallon	1	1
Triad	1	1

Individual Leaders

Goals Scored	
Player, Team	Goals
Shawn Petroski, Granite City	9
Mark Fortman, Waterloo	4
Blake Vogt, Waterloo	4
Andy Morio, Mascoutah	4
Colin Neumeyer, Waterloo	4
Jerry Woldanski, Waterloo Gibraltar	3
Steve Augustine, Waterloo	3
Fernando Valero, Waterloo	3
Andrew Miller, Triad	3
Matt Little, Granite City	2
Jeremy Baitman, Mascoutah	2
Shane Yearian, Waterloo	2
Solo Shutouts	
Goalkeeper, Team	SO
Greg Myers, Waterloo	3
Bobby Grant, O'Fallon	2

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Sports

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four-person team held Oct. 8 at Course.
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Golf
The Edwards bon chamber host its third annual Oct. 7 at Club.
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Christmas in April
The Christmas in April/Tri-Cities Area Golf Tournament, a four-person scramble, will be held Oct. 8 at the Legacy Golf Course.

The entry fee of \$50 per person includes 18 holes and cart. For more information, call Butch at 831-3048, Tom at 531-5234 or Janet at 452-3500.

Golf scramble

The Edwardsville/Glen Carbon Chamber of Commerce will host its third annual golf scramble Oct. 7 at Fox Creek Golf Club.

The fee of \$70 per golfer includes 18 holes of golf with cart, greens fees, one muligan per person per team, and food and beverages. Lunch will be served at 11:30 a.m., and the tournament will begin with a shotgun start at noon.

Prizes will be awarded for longest drive and closest to the pin. Attendance prizes will also be presented.

Beverages will be available throughout the course, and dinner will be served after the tournament. Non-golfers are welcome to join the group at 5:30 p.m. for dinner at a cost of \$5 per person.

Four-player teams can be assembled in advance or matched up at the event. To register a team or to sign up as a \$50 tee sponsor, call Rosanna Herren at the Chamber of Commerce office, 655-7600.

Spoonhour at Sunset Hills
St. Louis University men's basketball coach Charlie Spoonhour will headline the second annual SIUE Celebrity Golf Benefit, scheduled for Monday, Sept. 19, at Sunset Hills Country Club in Edwardsville.

All proceeds will benefit SIUE men's basketball. The tourney includes a round of golf, cart, refreshments, team prizes and a buffet dinner.

In addition to Spoonhour — the 1983-84 Basketball Writers Coach

of the Year — the list of celebrities scheduled to attend includes SIUE president Nancy Belk, KSDK-TV sports director Mike Bush and noted Final Four official Ed Hightower.

SIUE coach Jack Margenthaler will host the event, which has a 12:30 p.m. shotgun start. A reception will be held at 6 p.m., with dinner being served at 7 p.m.

Registration is \$150 per person or \$600 per foursome. Tee and/or green sponsorship is \$100. For those wishing to attend the dinner and not play golf, the cost is \$40. A total package of a foursome, one tee sponsorship and dinner for four is \$700.

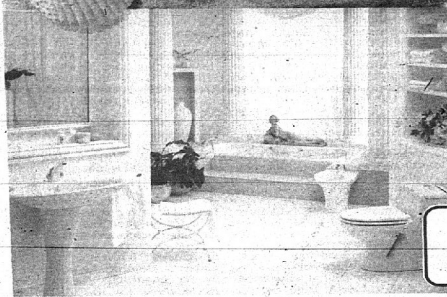
For more information, call Margenthaler at 682-2871.

Eagles/Sharks tryouts

The 16-and-under Eagles/Sharks girls fast-pitch softball team is holding tryouts and forming an all-star squad.

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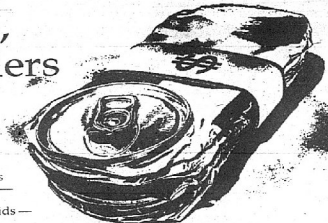
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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

Retired school secretaries meet

The retired secretaries of Granite City School District 9 met for their monthly luncheon meeting Sept. 1 on the Alton Belle Casino. After lunch, a brief business meeting was held. Four guests of Dorothy Hammels were introduced. Her guests were Norma Fisher, Shirley Stahlhut, Loretta Turner and Alma Brancaglione. The fol-

lowing ladies tried their luck on the casino's 1 p.m. cruise: Freida Andrews, Lucille Caban, Candy Kowala, Barb Lerner, Lucy Stucke, Marcella Pilcher, Helen Favier and the above-mentioned guests. The next meeting will be at 1 p.m. Thursday, Oct. 6, at Ralph and Charlie's Restaurant.

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P175/70R13	66.50	54	P185/80R13	68.50	56	P215/75R15	89.50	77
P185/70R13	69.50	57	P185/75R14	72.50	60	P225/75R15	89.50	77
P185/80R13	66.50	54	P185/70R14	72.50	60	P235/75R15	89.50	77
P185/75R14	70.50	58	P195/75R14	75.50	63			
P185/70R14	70.50	58	P205/75R14	79.50	67			
P195/75R14	73.50	61	P205/70R14	79.50	67			
P195/70R14	74.50	62	P215/70R14	83.50	71			
P205/75R14	77.50	65	P205/75R15	83.50	71			
P205/70R14	77.50	65	P205/70R15	83.50	71			
P215/70R14	80.50	68	P215/75R15	85.50	73			
P205/75R15	72.50	60	P215/70R15	85.50	73			
P215/75R15	79.50	67	P225/75R15	88.50	76			
P215/75R15	75.50	63	P225/70R15	88.50	76			
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WHITEWALL P155/80R13 \$29 P175/80R13 36 P185/80R13 38 P185/75R14 40 P195/75R14 42 P205/75R14 44 P205/75R15 45 P215/75R15 46 P225/75R15 47 P235/75R15 48	WHITEWALL P155/80R13 \$39 P155/80R13 43 P175/80R13 44 P185/80R13 45 P185/75R14 49 P195/75R14 50 P205/75R14 51 P215/75R14 52 P205/75R15 53 P215/75R15 54 P225/75R15 55 P235/75R15 56	MERIT BLACKWALL 155SR12 \$39 155SR13 39 155SR13 40 155SR13 42 165SR15 48 175/70SR13 47 185/70SR13 48 185/70SR14 50 195/70SR14 52 205/70SR14 55	WHITEWALL P175/70R14 \$66 P185/70R14 67 P195/70R14 69 P205/70R14 70 P215/70R14 72 P205/70R15 72 P215/70R15 75 P225/70R15 78 P235/70R15 82 P205/65R15 70 P215/60R16 76 P225/60R16 81	RAISED WHITE LETTERS P205/70SR14 \$67 P215/70SR14 69 P215/70SR15 72 P225/70SR15 75 P235/70SR15 79 P215/60SR14 74 P235/60SR14 77 P235/60SR15 80 P215/65SR15 77 P195/60SR14 67 P195/60SR15 68 P205/60SR15 71	RAISED WHITE LETTERS P235/75R15 \$69 LT235/75R15/6 77 30x9.50R15/4 84 31x10.50R15/4 91 BLACKWALL LT235/85R16/10 99 Tread Design May Vary	ROAD HAZARD POLICY LT195/75R14/6 \$79 LT235/75R15/6 99 30x9.50R15/6 103 31x10.50R15/6 110 31x11.50R15/6 118 33x12.50R15/6 132 LT215/85R16/8 110 LT235/85R16/10 120 7.50R16/8 117 LT225/75R16/8 109 LT245/75R16/10 120 LT265/75R16/6 119 LT255/85R16/8 135 8.75R16.5/8 112 9.50R16.5/8 122 33x12.50R15.5/8 149

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AMVETS holds installation

AMVETS Post 57 of Pontoon Beach held its annual installation on June 11. New auxiliary officers installed were: Jane Varner, president; Bert Manning, past president; Ethel M. Wellbacher, first vice president; Bonnie R. Leibold, second vice president; Albert L. Dretzka, third vice president; Shirley Schienschang, secretary; Barbara Siebert, treasurer; Barbara Jean Copeland, sergeant-at-arms; Albert L. Dretzka, chaplain; Lynn Dretzka, pro-historian; Shirley Schienschang, parliamentarian; Albert Manning, liaison; Betty Wilkins, Americanism and GDS; Barbara Siebert, scholarship; and Angela Tucker, news and means.

The AMVETS new officers are: Harold K. Siebert, commander; David R. Clements, first vice president; Gordon Bailey, second vice president; Loretta J. Borowski, third vice president; Gerald E. Leibold, finance officer; Leo Clements, provost marshal; William B. Miller, adjutant; Norman Wellbacher, public relations officer; Kenneth B. Dretzka, membership director; William L. Schienschang, legislative officer; Floyd C. Tucker Jr., service officer; William L. Schienschang, chaplain; Bob Douglas, liaison; Phillip L. Manning, judge advocate; David R. Clements, turkey shoot chairman; and Charles R. Wilkins, past commander.

A buffet-style dinner was served and the band, "The Four Guys," played for the evening. State officers present at the event were: Ben Flerlage, state

(See AMVETS, Page 9B)



14th Annual Builders

HOME & REMODELING SHOW

September 14-18

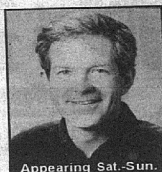
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Thurs. - Sat. Noon - 10 p.m.
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ADMISSION

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Appearing Sat.-Sun.
Dean Johnson
Co-Host of PBS TV's
"Hometime"



Appearing Wed.-Sun.
June Roesslein
Award Winning
Interior Designer



Appearing Wed.-Sun.
Larry Medd
"Mr. Concrete's"
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Don Aslett
America's #1
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Ideas You Can Use ... Experts You Can Trust

Expert Speakers Featured at 1994 Home and Remodeling Show
Year after year, show visitors cite new ideas and expert advice as major reasons to attend home shows. The 14th Annual Home and Remodeling Show will feature nationally recognized speakers with the latest ideas and expert advice for home improvement. Home improvement means much more than just power saws and nuts and bolts at the Home and Remodeling Show. Home improvement includes interior design, cleaning, do-it-yourself projects, gardening and even learning how to live better with your pet. Anything that improves quality of life can be classified as home improvement.

Show visitors will not want to miss home improvement advice from the experts at the Better Living Theater, Interior Design Theater, Home Show Pet Show Stage and the "Mr. Concrete's Solutions to Concrete Problems" demonstration area. Some of the nationally respected speakers that will be appearing at the show are described in more detail below.

Don Aslett, the "King of Clean" Has Tricks to Clean Faster and Better
Don Aslett, the World's Number One Cleaning Expert, is known for his tricks to clean faster and better. He will appear at the Better Living Theater Wednesday through Friday during the show. Aslett's toilet-shaped briefcase and notebook designed as an outhouse remain his symbols of success. He burst on the national scene in 1981 with his first best-seller, *Is There Life After Housework?* For the first time ever, the book brought the tools and techniques of the professionals to the aid of the home cleaner. By trade, Aslett is Chairman of Varsity Contractors, Inc., a leader in the cleaning industry. He is also a writer, nationally known speaker, media personality, consultant and owner of several businesses. Aslett will present "Clean in a Minute," "Not for Packrats Only" and "Painting Without Fainting" at the show. His presentations are scheduled for Wednesday at 7:15 p.m. and 8:45 p.m. and Thursday and Friday at 2:15 p.m., 3:45 p.m., 7:15 p.m. and 8:45 p.m.

Dean Johnson Gives "A Behind the Scenes Look at Hometime"

Dean Johnson, co-host of the popular PBS television series "Hometime" will be presenting "A Behind the Scenes Look at Hometime" at the Better Living Theater Saturday and Sunday at the show. "Hometime" is a do-it-yourself home improvement series that provides the average homeowner with step-by-step advice and tips for professional-looking results. Johnson was an independent builder before launching Hometime Video Publishing, Inc. in 1984. His plan was to produce a series of videotapes for distribution through hardware and home center stores. The concept was soon expanded to include the television series that premiered on public television in 1986. Show visitors will have the opportunity to see "A Behind the Scenes Look at Hometime" and talk to Johnson Saturday at 2:15 p.m., 3:45 p.m., 7:15 p.m. and 8:45 p.m. and Sunday at 2:15 p.m. and 3:45 p.m.

Mr. Concrete Has Solutions to Concrete Problems

Have cracks and leaks appeared in your basement this year? Flooding in and around St. Louis during the past year makes concrete repair a hot topic. Larry Medd, known as "Mr. Concrete," is the only concrete expert in North America that speaks about concrete problems at the consumer level. Medd will present "Solutions to Concrete Problems" in his demonstration area located in booth number 1226 throughout the five-day show. His presentation schedule is Wednesday at 7 p.m. and 8:30 p.m., Thursday at 2:30 p.m., 7 p.m. and 8:30 p.m., Friday and Saturday at 1:30 p.m., 3:30 p.m., 7 p.m. and 8:30 p.m. and Sunday at 2:30 p.m. and 3:30 p.m.

Other featured speakers include June Roesslein of June Roesslein Interiors, Doug Gilberg of Gilberg's Perennial Farms, Marlene Bricker of Artistic Designs and Tom Price of Thompson's House of Kitchens and Baths. The Home Show Pet Show State will also feature local experts giving seminars on obedience training, grooming, good citizen testing and much more.

Tenth

(Continued from Page 6B)

And some of his friends was held. Pizza was served, gifts were opened and a bowling game with 10 pins and ice cream was enjoyed. Everyone enjoyed a game of bowling, and afterward, while on a tour of the alley, Jonathan was presented with a 10 pin and a shirt. Later in the evening a Power Ranger party was enjoyed by Jonathan, Charlotte, Jamie, his grandmother, Rose Rice, and his great-uncle and aunt, Joseph and Sophie O'Neil. The Red Power Ranger, which was decorated on Jonathan's birthday cake. "Happy Birthday" was played and sung. After opening a number of gifts, Jonathan and his family enjoyed cake and ice cream.

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Feeder

For the amateur spent in a nearby creatures from you. Watching birds both educational for Learning to identify lifestyles, and learn to care for ages, watching birds work.

Attracting birds think. An easy way to think. An easy way to winter when the Hang feeders put. After purchasing best areas for looking for a place for tall trees, not mice, squirrels and area that is easily.

Mice and squirrels feeders. They can as an empty container. To keep cats from branch that will but not that of platform from which. Most avid bird yard to attract a. Another attract. This will give them a chance to cool water. Now that your recreation, pull it.

You may want identify the guest. Regardless, you. And, as a full-you are now enjoying relieving stress, the sights and sounds.

YOU COMPI GARA HEADQU

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(Formerly) **W**

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Feeders are for the birds

For the amateur bird watcher, many an afternoon is probably spent in a nearby park or zoo, but why not view these colorful flying creatures from your home by inviting them into your yard?

Watching birds in your own yard is an interesting activity that is both educational for children and relaxing for adults. Learning to identify different birds and songs, recognizing bird lifestyles, and learning how and what to feed them can teach children to care for and respect wild animals. And, for adults of all ages, watching birds can provide a calming end to a hectic day of work.

Attracting birds to your yard is simpler, actually, than you may think. An easy way to do it is to provide food, especially during fall and winter when natural food sources become scarce.

Hang feeders properly. After purchasing or making a bird feeder, scout your yard for the best areas for hanging the feeder. Keep two things in mind while looking for a place to hang a feeder: first and most importantly, look for tall trees, house eadings or other areas that are out of reach for mice, squirrels and cats; second, make sure to hang the feeder in an area that is easily seen from the house.

Mice and squirrels are frequent but unwanted visitors for bird feeders. They can be kept at bay by stringing an inverted tin, such as an empty coffee can, between the tree and the feeder.

To keep cats from scaring the birds, hang the feeder from a tree branch that will support the weight of the feeder and its bird guests but not that of the cat. And don't hang the feeder too close to a platform from where a cat can swipe at or lunge for the birds.

Most avid bird watchers recommend two to three bird feeders per yard to attract a broad selection of bird visitors.

Another attraction is to place a bird bath in the center of the yard. This will give the birds a place to stop for a quick drink and it offers them a chance to relax, clean their feathers and splash around in the cool water.

Now that your yard is set up for hours of bird socialization and recreation, pull up a chair and relax.

You may want to buy a guide to bird watching that will help you identify the guests in your yard and the beautiful sounds they make. Regardless, you're now an active bird watcher.

And, as a full-time participant of this increasingly popular pastime, you are now entitled to use bird watching as a natural outlet for relieving stress, spending quality time with your family and enjoying the sights and sounds of feathered friends.

•AMVETS

(Continued from Page 8B)

commander, and his wife, Elsie, auxiliary junior AMVETS commander; John Sisler, past department commander, and his wife, Susan, past department auxiliary president; Don Russell, past national and department commander, and his wife, Bonnie, past department auxiliary president; Art Hermann, Division 5 command-

er, and his wife, Sandra, department first vice president; Gary Hodge, Department 345 commander; Larry Sanders, department provost marshal; and Gordon Bailey, department convention corporate vice president, and his wife, Dottie, department third vice president.

Also attending were past representation from 161, 148, 4, 204 and 158.

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Horoscope

WEDNESDAY, SEPT. 14

ARIES (March 21-April 19). A mentor relationship can be of great help. You're due for a promotion or career advancement, so play it cool and remember that those above are watching. Put important decisions off until next week.

TAURUS (April 20-May 20). Exciting surprises continue to spice up your routine. That unaccustomed feeling is restless. Don't be surprised to discover that a family affair is more complicated than you thought.

GEMINI (May 21-June 21). A take-charge friend may be determined that you'll have a good time. The people you know could be very important to money matters. Investments and savings plans are in the picture.

CANCER (June 22-July 22). You'll not be seeing as clearly as a down-to-earth friend. Take no risks until you're more sure of circumstances. Unfriendly crossfire among co-workers or family can be dodged successfully.

LEO (July 23-Aug. 23). It's a good day to hear a professional diagnosis of health worries. Routine goes along swimmingly in the morning, and interruptions in the afternoon are pleasant. Don't try to be accurate with figures after lunch.

TODAY'S BIRTHDAY (September 14). All the fun you've been waiting for is just ahead. Good job prospects in October improve as time goes on. Luck belongs to you in November, and you meet those who can advance your goals.

VIRGO (Aug. 23-Sept. 22). A friendly tip can lead to a big change. Volunteer to help out where the need arises. Work-related pressures can wear on your nerves. A lucky break comes in the afternoon.

LIBRA (Sept. 23-Oct. 23). Extra special time is set aside for family, whether it's planned or not. You have an income-producing plan for the future, and it's a good one. Someone you've known for years happily surprises you.

SCORPIO (Oct. 24-Nov. 21). Keep your ear to the ground for

teamwork ahead of personal ambition. An Aquarian helps bring out the genius in you. Accept weekend invitations.

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An opportunity. Hot prospects require instant action. The afternoon brings sudden changes in plans. Step, and help clear confusion. Ideas that occur to you now are fortuitous.

SAGITTARIUS (Nov. 22-Dec. 21). A money matter comes up without warning in the afternoon, but if you've kept your affairs in order, you'll have no problem. Job prospects, too, are subject to unexpected turns of fate. An outcome favors you.

CAPRICORN (Dec. 22-Jan. 19). Conferences and meetings are chances to look good before colleagues — show your leadership skills. The afternoon brings restless feelings. Continue to set an example for friends and family.

AQUARIUS (Jan. 20-Feb. 18). Just ahead are many good times. The afternoon brings up an item from the past. Ideas that are born of experience have practical applications. Rumors and secrets only add to your legend.

PISCES (Feb. 19-March 20). Enjoy being entertained by a delightful friend whose humor cheers you. Continue to put

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CAHOKIA MOUNDS MUSEUM (Delivery not available) (618) 345-5255
FREE REGULAR 6 INCH BLIMPIE SUB SANDWICH
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Please present this coupon before ordering. One order per customer. One coupon per visit. Customer must pay any sales tax due. Not good in combination with any other offer. Not valid with delivery. Cash value 1/100 of 1¢. Offer expires 9-30-94.
\$1.00 OFF ANY 6 OR 12 INCH SUB SANDWICH
Please present this coupon before ordering. Not valid if altered or duplicated. One order per customer. One coupon per visit. Customer must pay any sales tax due. Not good in combination with any other offer. Not valid with delivery. Cash value 1/100 of 1¢. Offer expires 9-30-94.
FREE REGULAR FOOT LONG BLIMPIE SUB SANDWICH AFTER 4:00 P.M. AND ALL DAY SUNDAY
With the purchase of any regular foot long sub sandwich of equal or greater value and two medium drinks.
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Wednesday, September 14, 1994

Wise Ways

A thin layer of wax keeps fruits and vegetables from all looking like prunes.

Leave the luscious fat flavor, but cut back on its abundance when bringing dishes into slim favor.

An easy-to-mix combination of flavors starts with Italian salad dressing, but emphasizes the Oriental in pasta salad.

Everyone gets in line to test cookies. This week's sweet treats are lemon cream and raisin oatmeal from Price Chopper.

Start the day or end it with that nutritious, seasonal apple that keeps the doctor away.

INSIDE

Looking for sweet perk-ups without adding calories? Cinnamon, nutmeg and allspice enhance sweetness, particularly in fruit. Vanilla, almond or rum extract add more intensity.

Medicine Chest

If you need assistance paying for medications, check with your pharmacist or physician. Most drug companies have programs to help the needy with the cost of their medications.

The beginning of a new school season can make a child feel insecure. Keep meals and snacks as normal and routine-based as possible to ease the transition. Packing a familiar snack for break-time, even for an older child, may help him through the transition into a new routine.

Increase the lean in sandwiches by mixing fresh vegetables with low-fat or fat-free salad dressings. Crunchy shredded cabbage, a powerhouse of nutrition, forms the salad base in a pita sandwich pocket. Add sliced tomato, diced bell pepper, thinly cut cucumber and shredded carrot.

Extra oil is not necessary when browning ground beef. A nonstick frying pan helps. Replace it occasionally for best results. The bottom of any pan can be sprayed with nonstick cooking spray. Add raw meat when the pan is hot. Cook it and move it quickly to avoid sticking. Pour off excess fat.

Some shoppers on the coasts pick up airline tickets with milk and bread at the supermarket. They pay by credit card after an agent books the flight. What else do they need? Chewing gum — ever available — and son-to-come traveler's checks.

A black and white photograph of a man standing in a field. He is wearing a light-colored polo shirt with dark horizontal stripes on the chest, light-colored trousers, a dark belt, and a dark baseball cap. He is leaning his right arm on his hip. To his right, the text "LEAN, MEAN BEAN" is written in large, white, stylized capital letters. The background is a dark, textured field.

Brad Wilson Ph.D. is

The view of Earl Stolte's soybean fields is much greener than last year's water-soaked earth. Water pouring over the Howard Bend Levee covered 500 acres of his soybeans, as well as his neighbors' land, in Maryland Heights near the St. Louis County Water Co. The flooding caused a loss of about one-third of Missouri's soybean crop in 1993, with about 1.3 million acres of crops affected.

inhibit cancer growth. Soy protein also has been shown to lower blood cholesterol in people with high lev-

Soy foods continue to be studied as links to fighting osteoporosis and diabetes, too.

Susan Oberdahlhoff, director of education for the Missouri Soybean Merchandising Council, says, "Soy foods can be easily integrated into a person's menu by substituting a portion of a traditional ingredient with a soy product."


Replacing some wheat flour in pancakes with soy flour, making sloppy Joes with soy protein, or using tofu instead of high-fat products in dips, lasagna or chili are easy ways to take advantage of soy's benefits.

Tofu is available in the produce section, soymilk on health food shelves of supermarkets. Soy products not available in large markets, such as fiber-loaded dried soybeans, often are available at Oriental or health food

By Janice Denham
Staff writer

Beans have gained respect. That is good news for local farmers, because much of this area's open land has soybeans maturing to harvest.

The word "soy" means nothing to some cooks except a dark sauce splashed on rice or stir-fried food, but the savvy consumer knows soybeans provide: national brand and private label oils, nonstick cooking sprays, whipped topping, ready-to-cook products that require a mild oil, salad dressing, cereal and baby formula. About 75 percent of the oil used in



Soybeans are an ingredient in everyday short, coffee creamers to ing pasta salad and soybeans

the U.S. is from soybeans

That barely pops open the pod.
Soybeans are ground into flour and curdled into cholesterol-free tofu with one-third the fat of the cholesterol beef. In the Orient, tofu is made with the dairy cheese curd. Tofu is a main source of high quality protein and has absorbable calcium. Soy milk is lactose-free, a boon for those who cannot tolerate cow's milk.

In baked goods, confections and foods with sugar or sugar substitutes, the operative word is moderation, which helps stabilize blood and bind ingredients and gives a pleasant half life.

Five thousand years ago soybeans were named one of five sacred crops in China, but their value today is expanding as they make a third of the turn.

Earl Stoller, the family farm in Maryland Heights, was washed out last year when the Howard Bend Levee was topped, says. "The first soybeans we grew fed to the cows. About 1940, there was no use for them outside that. A year or so later people decided the bean had uses beyond the plant for feed. Now the bean is used for everything."

In addition to food, soybeans are the "glue" in shredded newspaper formed into furniture that looks like marble. Scientists at Washington University have developed and tested breast implants using a natural fat from soybean oil. It inks newsletters and cleans fuel, cars, and tractors.

When it comes to nutrition, soy takes the cake. Soybeans contain genistein, found in animal tests

Soybeans are an integral part of everyday cooking, from everyday shelf products like crackers, cereal and coffee creamers to ingredients like salad dressing for pasta salad and soybean oil and tofu in chocolate cake.

Here are a few easy recipes using soybean products. Soy flour can replace up to one-fourth or one-third of

Soy flour can replace
the wheat flour
in recipes. Sift.



Earl Stolte has his eye on the perfect piece of chocolate cake offered by his wife Betty. The cake gets its creamy richness from tofu, a cheese-like product made with soybeans. It is topped with whipped topping and sliced peaches.

SEE SOY RECIPES INSIDE *TODAY'S FOOD* PAGE 2

Earl Stolte has his eye on the perfect piece of chocolate cake offered by his wife Betty. The cake gets its creamy richness from tofu, a cheese-like product made with soybeans. It is topped with whipped topping and sliced peaches.

Today's Food

Private Label Test Run



Best Choice cookies from Price Chopper made Private Label Test Run tasters come back for more.

Tasters test crunch, sweet cookie flavors

Testers always stand in line when cookies are in the week's *Journal* Private Label Test Run. They changed identity and queued up a second time when they tasted oatmeal raisin cookies and lemon sandwich cream cookies from Price Chopper.

The Best Choice products cost \$1.44 for a 12-ounce package of chewy oatmeal raisin cookies and \$1.99 for a 14-ounce package of the lemon sandwich cream cookies — priced to blend very favorably with upscale cookies.

The lemon sandwich cream cookies drew many superlatives, even from those who expected to like the chewy oatmeal cookies better.

"Zesty lemon flavor — weeks of a fresh-baked lemon confection straight from mamma's oven. Excellent texture and color. Citrus aroma and taste sent me

straight to paradise," one taster said.

Both filling and cookie drew applause.

"The cream inside was better than most lemon sandwich cookies and the cookie part was a good change from the usual sandwich cookie — more light and crispy," a taster said.

The tester surprised at how good the lemon cookies were said, "The cream filling is just the right amount for the crunchy cookies. The color and flavor were just right for these bright and light, fun cookies. Just opening the bag you knew you were in for a treat."

The bag of oatmeal cookies suggested microwaving them to develop their flavor and texture — which the testers thought was a bonus.

One called the variety "delicious."

He said, "(It) tastes as good as homemade — a moist, chewy cookie with a discernible spicy flavor."

One taster said she couldn't wait for them to be microwaved. As is, the cookies — including the raisins — were chewy and moist. They were not overrun with fruit.

Their packaging ensured safe arrival after a shaky path for delivery.

They rank in the normal range for fat in cookies — grams for either cookie. One taster summed up the testers' appraisal.

"I read the nutrition facts before buying sweets anyway, but the numbers weren't too frightening to deter me from a handful and a glass of milk," she said.

The fans of cookies — self-named "connoisseurs" or "monsters" — spoke loudly.

Micro Raves

Serve an apple a day the easy microwave way

Let's head for the orchard and pick delicious fresh apples. Although apples are available in the produce section throughout the year, the early fall season is ideal for tapping into the local harvest. Picked fresh, they are at their prime flavor and texture.

A great variety of apples is available, with some more suited to cooking than others. The golden and red delicious varieties are good choices for eating fresh. Others — such as granny smith, McIntosh and Rome beauty — are reliable for cooking. Jonathan apples have a long-standing reputation as a choice for both cooking and snacking.

When bringing the flavor of fresh apples to the table, let a microwave oven magically save time and money. Conventionally-cooked fruits take more time and seem to taste more "cooked," whereas fruits prepared in a microwave oven retain more fresh flavor.

As a rule, fruits should be covered during microwaving

so they steam in their own juices. Usually no extra liquid is required because of the high water content of fresh fruit.

A delicious baked apple starts a day warmly and flavorfully. A single serving cooks in a microwave oven in less than 5 minutes.

Another festive baked apple recipe — courtesy of "The Microwave Cook's Complete Companion" (Ballentine Books, 1990) — provides a colorful side dish to serve with turkey or pork.

BAKED APPLE

- 1 jonathan apple, cored, sliced
- 1 tsp. maple syrup
- 1 tsp. margarine
- 1 tsp. chopped pecans

In microwave-safe cereal bowl, top apple with syrup, margarine and pecans. Cover with plastic wrap. Microwave

on high power 3½ to 4 minutes. Remove from microwave oven. Let stand 5 minutes. Pierce plastic wrap to release steam.

Serve warm or cold. Makes 1 serving.

CRANBERRY-STUFFED BAKED APPLES

- 4 granny smith apples
- ¼ cup canned whole cranberry sauce
- 2 tsp. dark brown sugar
- ½ tsp. cinnamon

Core apples within 1 inch of base. Combine cranberry sauce, brown sugar and cinnamon. Stuff cavity of each apple.

Arrange apples in circle in microwave-safe casserole. Microwave, covered, on high power 7 to 10 minutes until fork-tender.

Home economist Judy Eddy specializes in microwave cooking.

Living Lean for Adults

By TRICIA GUFFEY

Update, trim recipes without fat

I am always on the prowl for great low-fat recipes. Here's the problem: Most good recipes start a little on the heavy side. It's up to me to slim them down.

Favorite recipes passed down through generations often call for fatty ingredients like shortening, lard or lots of oil. The challenge is to lower fat without sacrificing flavor.

CALICO BEAN BAKE

- 1 cup chopped onion

- 1 clove garlic, minced
- ½ cup ketchup
- 2 tsp. brown sugar
- 1 tsp. dry mustard
- 1 tsp. vinegar
- 1 can (1 lb.) pork and beans in tomato sauce
- 1 can (1 lb.) kidney beans, drained
- 1 can (1 lb.) baby lima beans, drained
- ¼ cup barbecue sauce
- Dash pepper sauce
- 2 to 3 slices bacon, cut up

Preheat oven to 300°.

In 1½-quart casserole,

combine onion, garlic, ketchup, brown sugar, dry mustard, vinegar, pork and beans, kidney and lima beans, barbecue sauce and pepper sauce. Sprinkle bacon on top.

Bake, covered, in preheated oven 1½ hours. Uncover. Bake 30 minutes longer.

Registered dietitian Tricia Guffey is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

Wise Ways

LINDA BLUMENBERG

Waxing holds moisture in apples, other fruit

Recent federal regulation requires retailers to inform customers about wax-coated produce sold in their stores.

However, savvy shoppers long have been aware that apples and other produce often are coated with a thin film of wax. Along with adding cosmetic appeal, produce waxes are used to prevent moisture loss and inhibit mold growth during shipping and storage.

Fresh fruits and vegetables are 80 to 95 percent water and constantly lose moisture through transpiration and respiration. Moisture loss results in shriveled, wilted produce with limp texture and poor quality.

As they grow, fruits and vegetables actually produce their own waxy protective coating. After harvest they are washed and part of the natural wax is lost. To replace it, a thin layer of wax or resin is applied to many fruits and vegetables.

Apples, peppers, cantaloupe, cucumber, eggplant, citrus fruit, parsnips, passion fruit, peaches, pineapples, squash, pumpkin, sweet potatoes, turnips and tomatoes may be waxed.

All waxes used on fresh produce have been approved for food use by the U.S. Food and Drug Administration. Classified as chemical preservatives, waxes are derived from fats, vegetable and mineral oils, beeswax, paraffin,

palm oil and synthetic resins.

Some waxes include carnauba wax from the leaves of a Brazilian palm, and food-grade shellac from a scale insect found in India and Pakistan. These same waxes are approved for use as food additives for candy and pastries.

The healthful benefits of fruits and vegetables, it is not wise to give them up just because they are waxed.

Consumers have a few options to avoid waxed produce. First, buy unwaxed produce when available and tell produce managers why you prefer it.

Outlets include local farms and roadside stands. Many pick-your-own farms

in the St. Louis metropolitan area offer fruits and vegetables straight from the tree or vine. Extension offices in both Missouri and Illinois have information on locations.

Peeling produce is another option, but this results in some loss of fiber and other nutrients. I prefer to wash all produce thoroughly and use it unpeeled when possible.

Whether waxed or unwaxed apples are used, Glazed Apples and Raisins is a quick, versatile recipe. Its spicy sweetness complements roast pork or poultry, while it doubles as a dessert topping for frozen yogurt.

GLAZED APPLES AND RAISINS

- 2 tsp. butter or margarine
- 1 tsp. oil
- ¾ tsp. cinnamon
- ¼ tsp. ginger
- ¼ tsp. cloves
- 3 large apples (about 1½ lb.), cut in ½ inch slices
- ¾ cup orange juice
- ¼ cup golden raisins

In large nonstick skillet over medium heat, heat butter and oil. Stir in cinnamon, ginger and cloves until blended. Stir in apples. Cook, stirring constantly, 2 minutes to coat apples evenly with spice mixture. Add orange juice and raisins. Reduce heat. Cover

partially. Simmer about 10 minutes until apples are tender. Remove from heat. Let cool slightly.

Serve warm or at room temperature.

Makes 4 servings.

Microwave directions: In shallow 3-quart microwave-safe casserole, combine butter, oil, cinnamon, ginger and cloves. Microwave, uncovered, on high power 1 minute. Stir in apple, orange juice and raisins. Cover partially with lid or vented plastic wrap. Microwave on medium-high power 6 minutes.

Registered dietitian Linda Blumenberg is nutrition specialist for University Extension (University of Missouri system) in Montgomery County.

Soy

Continued from page 1C.

CREAMY PASTA WITH VEGGIES

- 8 oz. uncooked pasta of choice
- 1 cup sliced mushrooms
- 1 cup sliced green bell pepper
- 2 tsp. soy oil
- White wine
- ¼ cup buttermilk ranch dressing
- Finely chopped fresh parsley

Grated parmesan cheese
Freshly ground black pepper

Cook pasta according to package directions. Drain. Return to pan.

While pasta cooks heat oil in skillet. Sauté mushrooms and green pepper. Add a little white wine. Bring to boil. Reduce heat.

Add black pepper, salad dressing and vegetables to pasta. Sprinkle with parsley and parmesan cheese to taste. Toss well.

Serve warm or chilled. Makes 4 servings.

TOFU CHOCOLATE CAKE

- ¼ cup cocoa powder
- 3 tbsp. soybean oil
- 2 tsp. soy oil
- ½ cup warm water
- 2 cups cake flour, sifted
- 2 tsp. baking soda
- 1 carton (10.5 oz.) silken or soft tofu, drained
- 2½ tsp. vanilla
- 1½ cups sugar
- 1 egg

Preheat oven to 350°.

Grease and flour 2 round cake pans.

In small bowl, combine cocoa, margarine, oil and water. Stir until smooth.

In medium bowl, combine flour and baking soda, stirring to blend.

In food processor, process tofu, vanilla and sugar 15 seconds on high power. Add chocolate mixture and egg. Process 1 minute on medium. Add flour mixture one-third at a time. Process until smooth.

Pour into prepared pans. Bake in preheated oven 20 to 25 minutes until toothpick inserted in center comes out

clean. Cool on racks.

Frost or serve as desired.

SOY BROWNIES

- ½ cup sifted all-purpose flour
- ¼ cup sifted soy flour
- ¼ tsp. salt
- ¼ tsp. baking powder
- ¼ cup shortening
- 1 cup sugar
- 2 eggs, well beaten
- ½ tsp. vanilla
- 2 squares chocolate, melted
- ½ cup chopped soy nuts

Preheat oven to 325°. Grease 8-inch square pan. Sift together all-purpose and soy flour, baking powder and salt twice.

Cream shortening. Gradually blend in sugar and eggs. Beat until smooth and fluffy.

Add vanilla. Stir in chocolate. Add flour mixture in 3 portions, stirring after each addition. Add nuts.

Pour batter into prepared pan. Bake in preheated oven 20 to 25 minutes.

Cool. Cut in squares. Makes 16 to 20 brownies.

Good H

Emb

For most families, a single meal in a restaurant is to common definition of a good meal.

To a parent, about nutrition, foods that contain well-balanced diet, vitamins, minerals, fiber. For children, usually fat, salty or sugary, the current school little or no nutrition.

There are many common grocery items. Dress up reliably for variety and. For example, a sandwich filled with good ol' peanut butter, sliced carrot or fresh strawberries, peaches or pears. Pita pocket bread, refreshing bread, sandwich filling, wheat variety nutritious.

Stuff pita with shredded vegetable, choices are cabbage, spinach, and add low lean meat.

Tuna and other made more using a low-fat reduced-fat mayonnaise, fat yogurt and chopped pineapple, grapes to perk.

Chunky vegetable dressing are not get soggy salad — whole lunch items, chili, stew or packed in a tin. For dessert, are ideal luncheon, cially when low-fat yogurt with a bit of Low-fat pudding source, with fresh fruit and vitamins.

When it comes to food, a simple balanced nutritious and grain provide low-fat ways of a child's fast food and snack and vegetable into sauces and desserts.

Very Oran sweetness kids. The carrot, a, and the milk C.

To find out more, subscribe to the newsletter, 10, write to: "Good-New" Street, N. D.C. 20009.

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By KAREN COLLINS

For most families, the challenge in packing school lunches is to come up with a common definition of "something really good."

To a parent concerned about nutrition, that means foods that contribute to weight gain by providing vitamins, minerals and dietary fiber. Unfortunately, children usually want high-fat, salty or sugary foods. These are not foods with little or no nutritional value.

There are ways to reach common ground on lunch. Dress up reliable favorites for variety and good health. For example, simple variations on the theme perk up good ol' peanut butter sandwiches. Try peanut butter with sliced banana, grapes or fresh fruit, such as strawberries, pineapple, peaches or pears.

Pita pocket bread makes a refreshing change from sliced bread for virtually any sandwich filling. The whole-wheat variety is especially nutritious.

Stuff pita with chopped or shredded vegetables — good choices are carrots, lettuce, cabbage, spinach or sprouts — and add low-fat cheese or lean meat.

Tuna and other salads can be made more nutritious by using a low-fat dressing of reduced-fat mayonnaise, low-fat yogurt and herbs. Add chopped pineapple, raisins or grapes to perk up flavor.

Chunky vegetables or beans marinated in low-fat Italian dressing are healthful and do not get soggy — like lettuce salad — when stored. Hot lunch items like spaghetti chili, stew or soup can be

For dessert, fruit salads are ideal lunch treats, especially when mixed with plain low-fat yogurt and flavored with a bit of maple syrup. Low-fat puddings, a good calcium source, can be mixed

When it comes to "junk food," a small amount can be balanced with plenty of nutritious fruits, vegetables

low-fat ways during the rest of a child's day. Try to make fast food an occasional treat and sneak as many fruits and vegetables as possible.

Very Orange Salad has sweetness that appeals to kids.

The carrots provide beta carotene, a form of vitamin A, and the orange adds vitamin C.

To find out how to order the vitamins to a...

free subscription to a quarterly children's nutrition newsletter for ages seven to 10, write to: American Institute for Cancer Research, "Good-News-Letter," 1755

Street N.W., Washing
D.C. 20009.

VERY ORANGE SALAD

2 cups shredded carrot
1 orange, peeled, chopped
1/4 cup orange juice

Recipe

**AFTER-SCHOOL
RICE TRAIL MIX**

- 4 cups bite-size crispy and/or rice and corn squares cereal
- 2 cups puffed rice
- 1 cup dried banana chips
- 1 cup dry-roasted peanuts

1 cup color-coated
chocolate candies
1 cup raisins

Combine cereal squares,
puffed rice, banana
chips, nuts, candies and

Makes 10 cups; 15 calories, 3 g protein, 5.6 g carbohydrate.

nutmeg
Spinach or lettuce leaves
Combine carrot and
orange.

Mix orange juice with yogurt. Pour over carrot mixture. Add raisins. Sprinkle with nutmeg. Toss to

combine. Chill.
Makes 4 servings, less than
1 g fat and 72 calories each.
Registered dietitian Karen

Collins reviews this material for the American Institute for Cancer Research in Washington.

[illegible]

Oriental flavor takes long route from Italy

4 cups cooked fine egg

4 cups cooked fine egg

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NEWS TO USE

Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty. Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000. This calendar runs in every Wednesday's Journal.

Wednesday, Sept. 14

American Association of Retired Persons Chapter 1340, meets at Granite City Township Hall, Doors open at 5 p.m. Country and western dance with light meal served at 5:30 p.m. followed by a short meeting. Dance begins at 7 p.m. Music by Jerry's Kids. A \$2 donation at the door will be taken. All seniors, 50 and over, are welcome to attend. For more information, call 876-8328.

Singles Connection, Dinner at 7 p.m. at Sandy's in St. Jacob. Call Doris at 887-4506 for more information and reservations.

Support Group for persons with diagnosed lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Edison, Granite City, 1 (800) 307-6600.

Divorced and Separated Group Ministry, 7:45-9 p.m., Eden United Church of Christ, 903 Second St., Edwardsville, 688-9268.

Al-Anon, 7:15 a.m., Gateway Foundation, 600 Lincoln, Caseyville, 463-2429.

Parents Anonymous Group, meets 8 to 9 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

Stress Management Class, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information call 877-4420. Fees are based on a sliding income scale.

Madison Community Action Group, meets at 7 p.m. For more information call Dan at 432-2336 or Diane at 876-1320.

Thursday, Sept. 15

Mount Zion Baptist Church, 4:30 to 6 p.m., at 2827 Mockingbird Lane. "Meals from the heart," a free meal to those in need. Clothing available. Open to the public.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m. Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., Unity Chapel, Stratford, and Village Inn, Granite City, 1 (800) 307-6600.

Take Off Pounds Sensibly Chapter 2203, 7:15 p.m. at Anchorage Recreation Center, 2909 Edwards St. For information, 797-8351 or 797-8502.

Al-Anon, 8:30 a.m., St. Elizabeth Church quilling room, 2300 Pontoon Road, 463-2429.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot line 398-9409.

Overeaters Anonymous, 7:30 p.m., at First Christian Church, 2415 N. 88th St., Caseyville. For information, call 1 (314) 638-7821.

Friday, Sept. 16

Al-Anon meets at 8 p.m. at Pascal Hall on the main floor at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, meets at noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Singles Connection, Singles dance at 8 p.m. at the Ramada Inn in Fairview Heights. Call Linda at 288-9445 for more information.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), a support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

Saturday, Sept. 17

Obsessive/Compulsive Disorder Support Group, meets at Von Gontard Conference Center at St. John's Mercy Medical Center, 812 S. New Ballas Road, 10 a.m. Meeting is free and open to OOD patients, family and friends. For information call 1 (314) 843-3578.

Singles Connection, will attend the Italian Fest in downtown Collinsville. We will meet in

front of Home Furniture at 7 p.m. Call Bev at 344-4001.

A "Walk Through the Bible" seminar will be held from 9 a.m. to 4 p.m. at St. John's United Methodist Church in Edwardsville. For more information, call the church office at 656-1853.

The Friends of the Library, Tri-Township Public Library District, 209 S. Main St., Troy, will hold its regular book sale from 9 a.m. to 2 p.m. Proceeds will be applied to the cost of the new library building.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon, 7:15 a.m., 2016 Delmar Ave., 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hot line 398-9409.

Rescue Mission, 1556 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

Sunday, Sept. 18

Midwestern United States Imperial Dance Club (MUSIC) will hold its regular meeting at 6 p.m. at the American Legion Hall in Collinsville. The public is invited for dance lessons and open dancing at a cost of \$4 for nonmembers and \$2 for members. For more information, call 463-2405.

Eagles Auxiliary 1126 will meet at 12:30 p.m. at the Eagles' meeting room pool to (See CALENDAR, Page 8C)

LOSE WEIGHT FAST!

Trim down those overstuffed areas in your home (and shape up your wallet to boot!) Advertise those unused items 'for sale' in the Classified!



Back Talk

by Dr. Warren A. Stewart, Jr.



HOW DO YOU MEASURE UP?

If a diagnosis of osteoporosis is made early enough, patients can avail themselves of therapies to forestall its effects. Tests are available to measure bone density and signal the onset of this bone-thinning disease, but they are often quite expensive and are not usually compensated by health insurance. There is an alternative diagnostic procedure, however, that is both simple and inexpensive. By measuring long-term height loss of 1.25 to 2 inches beyond middle age indicates a bone-mineral density loss of 6 to 12 percent. Such a loss may be indicative of osteoporosis and the need to take counter measures against the disease.

At the office of WARREN A. STEWART JR., D.C., located at 10251 Lincoln Trail, Suite 12, Fairview Heights, we will determine if your health problem can be helped through chiropractic. We utilize modern diagnostic procedures and specialized chiropractic techniques to locate the real fundamental and original cause within the body which can disturb natural body function and prevent normal health. For effective chiropractic care call 398-2121. Office hours are M-F 8am-6pm.

P.S. Osteoporosis can lead to hip fractures and deterioration of the spine in old age.

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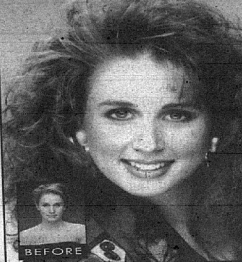
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Italian in down

After months of two-day festival, we are ready. Reinheimer said, "We are ready to do this. This will be thousands to do foods and to enjoy. The fest will include a grape Webster School, ment including Mick and Joey Ja. On Saturday, Center. The boc Park, with regis at 11 a.m. with A spaghetti wine-making contest will be include the Boulder Karaoke. The fest closes Palsan Pea Memorial Public Madison Cour North Junior Hi

11th Annual Collinsville ITALIAN FEST

The Main Street Event

Friday, September 16th, 11 a.m.-10 p.m.
Saturday, September 17th, 11 a.m.-10 p.m.

DOWNTOWN COLLINSVILLE

• Continuous Entertainment • Italian Food • Beverages • Family Events

FRIDAY HIGHLIGHTS:

Special Olympics will be held at Webster School at 2:30 pm

TIME	VENUE	ACTIVITY	TIME	VENUE	ACTIVITY
10:45	VENUE	OPENING CEREMONY	11:30	VENUE	TAPED MUSIC
11:30	TAPED MUSIC	TONY MIRABELLI & FRIENDS	12:00	GRAPE STOMP-UMS	UNTIL 3 p.m.
12:00	GRAPE STOMP-UMS	UNTIL 3 p.m.	12:30	WYRT by NEWS DEMOCRATE	TAPED MUSIC
12:30	WYRT by NEWS DEMOCRATE	TAPED MUSIC	UNTIL 7 pm	WEESTER SCHOOL	UNTIL 6 pm
4:00	WEESTER SCHOOL	UNTIL 6 pm	5:00	AMY JO SAWYER	UNTIL 6:30 pm
5:00	AMY JO SAWYER	UNTIL 6:30 pm	5:30	DORIS DIEU & THE CHAMBER	DANCE THEATRE, DANCES OF
6:00	DORIS DIEU & THE CHAMBER	DANCE THEATRE, DANCES OF	6:30	ITALY	UNTIL 7 pm
6:30	ITALY	UNTIL 7 pm	7:30	COUNTRY MUSIC BY	MISS COLLINSVILLE
7:30	COUNTRY MUSIC BY	MISS COLLINSVILLE	UNTIL 10 pm	"SIXEY" SPOK	UNTIL 10 pm
UNTIL 10 pm	"SIXEY" SPOK	UNTIL 10 pm	UNTIL 10 pm	STEVE BRANDIS AND	UNTIL 10 pm
UNTIL 10 pm	STEVE BRANDIS AND	UNTIL 10 pm	UNTIL 10 pm	ALIVE AND WELL AT	UNTIL 10 pm
UNTIL 10 pm	ALIVE AND WELL AT	UNTIL 10 pm	UNTIL 10 pm	THE FEST UNTIL 10	UNTIL 10 pm
UNTIL 10 pm	THE FEST UNTIL 10	UNTIL 10 pm	UNTIL 10 pm	UNTIL 10 pm	UNTIL 10 pm

SATURDAY HIGHLIGHTS:

TIME	ACTIVITY	TIME	ACTIVITY
11:30	MIDWEST DANCERS	12:00	TAE KWON DO
12:00	TAE KWON DO	12:30	CHILDREN AREA FREE TO ALL CHILDREN
12:30	CHILDREN AREA FREE TO ALL CHILDREN	1:00	PROMOTION WILL BE HANDLING THIS AREA
1:00	PROMOTION WILL BE HANDLING THIS AREA	1:30	POWER RANGER, PURPLE DINOSAUR
1:30	POWER RANGER, PURPLE DINOSAUR	2:00	MAGIC
2:00	MAGIC	2:30	ITALIAN MUSIC BY JEAN
2:30	ITALIAN MUSIC BY JEAN	3:00	TAPED MUSIC UNTIL 5 p.m.
3:00	TAPED MUSIC UNTIL 5 p.m.	4:00	PARADE
4:00	PARADE	5:00	COUNTRY & POP
5:00	COUNTRY & POP	6:00	ROCK "BOULDER"
6:00	ROCK "BOULDER"	7:00	DASH! UNTIL 10 p.m. p.m.

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Italian Fest starts Friday in downtown Collinsville

After months of planning, members of the Italian Fest Committee are now waiting for the kickoff on Friday of the annual two-day festival.

"We are ready and waiting," Italian Fest Chairman Becky Reinheimer said Friday. "Everything is in place. There are just a few last-minute things we need to take care of."

This will be the 11th annual Italian Fest. The festival draws thousands to downtown Collinsville each year to sample Italian foods and to enjoy entertainment, games and contests.

The fest will open at 10:45 a.m. Friday. The day's events will include a grape stomp at noon, Special Olympics at 2:30 p.m. at Webster School, Chamber Dance Theater at 6 p.m., and entertainment including Miss Collinsville Amy Vidul, Steve Brandes, Sidekick and Joey James.

On Saturday, a 10K run/walk will begin at 8 a.m. at Gateway Center. The bocce ball tournament will begin at 9 a.m. at Gladden Park, with registration from 8 to 8:30 a.m. Downtown events start at 11 a.m. with the kiddie parade and cooking contest.

A spaghetti-eating contest will begin at 11:30 a.m., followed by wine-making and grape stomp contests at 1 p.m. The costume contest will be judged at 3 p.m. The evening's entertainment will include Boulderdash, Tony Mirabelli & Friends and Steve Brandes Karaoke.

The fest closes at 10 p.m., but the fun will continue with the Pisan Peddle Push, beginning at 12:30 a.m. at the Collinsville Memorial Public Library.

Madison County Transit will again provide shuttle service from North Junior High.

Faculty at SIUE showing off their art collections in new display

Artwork from the private collections of various faculty members at Southern Illinois University at Edwardsville will be displayed from now through Oct. 14 in the University Center Gallery on the second floor of SIUE's University Center.

The exhibition — "The Faculty Collects" — reflects the creative spirit of a diverse group of faculty, said Mike Mason, curator of The University Museum.

"The major goal of this exhibition is to provide viewers with an insight into the diversity of the kinds of works which hold significant meaning to those who have collected them," Mason said, "and to provide an opportunity to experience the diversity of the SIUE faculty as expressed by the kind of art they choose to collect."

Mason said a survey was sent to all faculty to find interest for such an exhibition.

"The response was very good and we're in the process now of gathering the work," he said. Gallery hours are 10 a.m. to 4:30 p.m. Tuesday, Thursday and Friday; 10:30 a.m. to 4:30 p.m., and 7 to 9 p.m. Wednesday; and 1 to 3 p.m. Saturday and Sunday. The gallery is closed Mondays.

For more information call The University Museum at 692-2996.



Play Dates
September 22, 23, 24, 25, 1994 • September 29, 30, October 1, 2, 1994
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Upcoming Health & Wellness Programs

- **"Life Goes On" Support Group Meeting, Wed., Sept. 14, 6:30-8 p.m.** Guest speaker, Ruth Ann Grantham, will discuss Support Dogs, Inc., a canine training program which can help improve the lives of persons with disabilities. To register call extension 1519.
- **Free Blood Pressure Screening, September 15, 10 a.m. - 2 p.m.** WAL-MART, Carlyle Plaza, Belleville. No registration required.
- **What's Cooking? Wednesday, Oct. 5, 6 - 8:30 p.m.** Learn how to prepare tasty low-fat and low-cholesterol dishes. Demonstration by Margie Sawicki, R.D. Sample prepared foods. Cost \$20. Register at extension 1575.
- **Understanding Your Prescriptions, Tuesday, Oct. 11, 2 - 3:30 p.m.** Hospital pharmacist will answer questions about your medications. To register for this Senior VIP sponsored dialogue, call extension 1575.

To register or receive further information call 234-2120 + extension shown above.

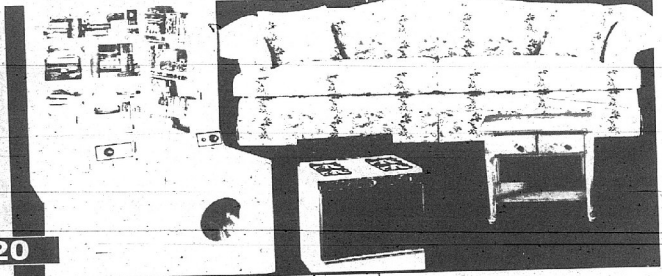


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NEWS TO USE

Calendar

(Continued from Page 6C)

Jerseyville for the District 7
meeting at 2 p.m.
Collinsville SportsCard Show
will be held from 10 a.m. to 4
p.m. at the Collinsville Gateway
Center, Illinois 157 and Inter-
state 55/70 in Collinsville.
The Pontoon Beach Jaycees
regular meeting is held at 7:30
p.m. at Ralph and Charlie's
Steak House. The meetings are
open, and the public is invited.
Singles Connection will meet
for an afternoon at Meramec
Caverns. We will car pool at
10:30 a.m. from Drury Inn in
Collinsville. Call Sandy at
344-1393.
Alcoholics Anonymous, 1:30
p.m. and 8 p.m., 2116 Club, 2116
Edison, Granite City, 1 (800)
307-6600.
Narcotics Anonymous, Live
the Steps, 8 p.m., 2015 Delmar
Ave., 24-hour hot line 338-9409.
Alcoholics Anonymous, 8 p.m.,
St. Elizabeth Medical Center,
Pascual Hall, main floor, Granite
City, 1 (800) 307-6600.
Moose Lodge Bingo, 1:15 p.m.
at the Nameoki Bingo Center.
Overeaters Anonymous, meets
at 2 p.m. in the Weisman Room,
first floor, St. Elizabeth Medical
Center in Granite City.

Monday, Sept. 19

Disabled American Veterans
Chapter 53 meets, 1417 15th
St., Granite City, 878-7816, 8 p.m.
Alcoholics Anonymous, noon
and 8 p.m., 2116 Club, 2116 Edi-
son, Granite City, 1 (800)
307-6600.
Al-Anon, 9:30 a.m., 2116 Club,
2116 Edison, Granite City,
463-2429.
Neglected Victims of Child
Sexual Abuse, a support group
for nonoffending parents of vic-
tims, meets from 6 to 7:30 p.m.
at Southern Illinois University at
Edwardsville's Rape and Sexual
Abuse Care Center. Call 692-2197
for details.
Singles Connection, will meet
for bowling held at 7 p.m. at the
University Center at Southern
Illinois University at Edwardsville.
Call Lisa at 344-5160 for
more information.
TOPS 2048 (Take Off Pounds
Sensibly), 6 p.m., Melvin Price
Support Center in Granite City;
675-2124.
TOPS 11 645, 7 p.m., Anchor-
age Recreation Center, 2902
Edwards St., Granite City,
432-6102. Men and women wel-
come.
Wal-Mart Senior Citizens, bin-
go, 7:30 to 8:30 a.m.

Tuesday, Sept. 20

Band Parents Association of
Granite City High School meets,
3101 Madison Ave., 451-5808, 7
p.m.
Commercial Real Estate Women
will hold its monthly meeting
at 7:30 a.m. at the Junior
League of St. Louis, 10405 Clay-
ton Road, St. Louis. Dr. Joel
Franken, acclaimed economist,
will present his analysis of the
state of the economy, the direc-
tion it is taking and why. The
ticket is \$15.50 for members and
\$18 for guests. A continental
breakfast is included. Reserva-
tions are taken at 770-4457, ask
for Jacqueline Becker.
Eagles Auxiliary 1126 escort
team will sponsor a card party
from 6:30 to 9:30 p.m. as a fund
raiser for future travel and com-
petitions. Bring a friend.
The Edgewood Program will
host a talk and film at 7:30 p.m.
on "Co-Dependency—How the

Family is Affected by Alcohol-
ism or Drug Dependency. This
session will be held in the Mil-
sonski Room at St. Elizabeth Medi-
cal Center. The speaker will be
Warren Neal, prevention and
intervention counselor at Edge-
wood. The talk is free and open
to the public. Call 798-3012 for
more information.
Knights of Columbus, 4th
Degree, 4225 Old Alton Road,
7:30 p.m., 877-4250.
Lupus Erythematosus Support
Group, sub-chapter of Illinois
Lupus Foundation, 7:30 p.m.,
Memorial Hospital auditorium,
Belleville, 233-7750, extension
5890.

Mitchell Fire Protection
monthly meeting, 7 p.m.,
Singles Connection, Walleyball
held at 6:30 p.m. at the YMCA,
Esic Drive, Edwardsville. There
is a \$3 fee for three hours of
play. Call Frank at 970-4315 for
more information.

TOPS 1699 (Take Off Pounds
Sensibly) will meet at 6:45 p.m.
at the Anchorage Recreation
Center, 2902 Edwards St.; call
797-2724 for more information.
Men and women are welcome to
attend.

Alcoholics Anonymous, 8:30
a.m. and 8 p.m., 2116 Club, 2116
Edison, Granite City, 1 (800)
307-6600.

Alcoholics Anonymous (women
only), 8 p.m., Presbyterian
Church, Mitchell, 1 (800)
307-6600.

Alcoholics Anonymous, 8 p.m.,
St. John United Church, 2901
Nameoki Road, Granite City,
692-8078.

Al-Anon, 8 p.m., Niedringhaus
United Methodist Church cafe-
terina, 20th and Delmar, Granite
City (day sitter available),
463-2429.

Granite City Kiwanis meet at
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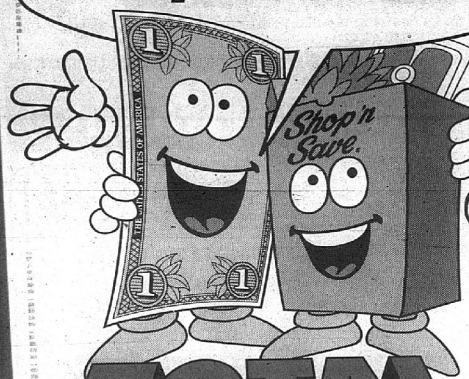
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8
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SAVE 50¢
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Deodorant

169
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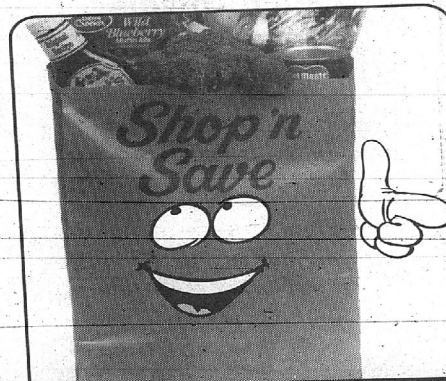
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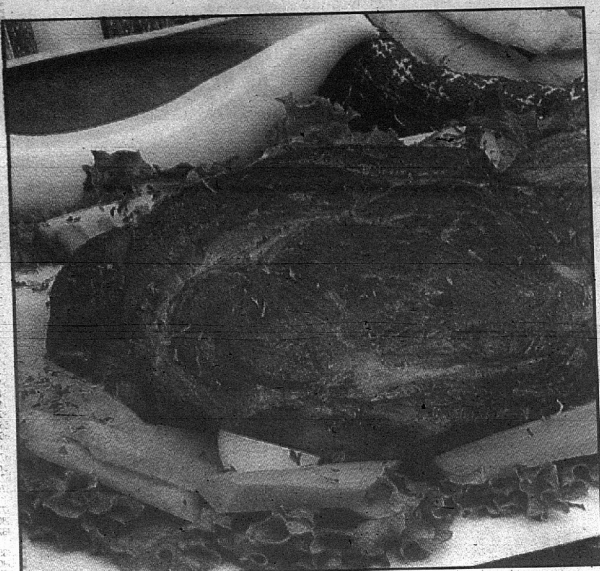
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
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 If you answered "yes"

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Sell Employed	
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The Concert Scene

Admiral, President Casino

Riverfront • 623-1111
 • Pat & The Hitmen, 8 p.m. - 1 a.m.
 Sept. 29.

American Theater

416 N. 9th • 231-7000
 • Terry Amos, 7 & 10:30 p.m. Sept. 24.
 Tickets are \$10 in advance, \$20 day of the show.

Arnold Sports Lounge

1140 Jettico Blvd. • 231-9999
 • Missouri Kats, Sept. 14, 15, 21 & 28.

Balaban's

465 N. Euclid • 361-8888
 • Fairchild, 9 - 11:30 p.m. Sept. 11, 18 & 25.

Billiken Bench Club

354 Laclede • 333-6669
 • Pat & The Hitmen, 10 p.m. - 2 a.m. Sept. 13.

Blueberry Hill

454 Delmar • 372-6888 (Music Phone 727-0688)
 • All shows start around 9:30 p.m. with a 15-4 cover.

• Pretty Polly (alternative), Sept. 16.
 • Murder City Boys (reggae), Sept. 17.

• Geyer Street Shells (Missouri rag & blues), Sept. 23.
 • Reggae At Will (reggae), Sept. 24 & 30.

Boomers

767 Clamorgan Alley • 621-4155
 • Pat & The Hitmen, 9:30 p.m. - 2:30 a.m. Sept. 20.

Carlson's Sports Bar & Restaurant

1155 S. 9th • 432-7077
 • D.J. Record Spin, Sept. 16, 17 & 20.
 • Travellin' Band, Sept. 23.

• Hip Trash, Sept. 24.
 • River City Blues, Oct. 1.

Casa Loma Ballroom

333 Iowa • 664-9900
 • Gateway City Big Band with Jim Bole, Sept. 11.

• Four Play, Sept. 15 and Oct. 13.
 • Rhythmaires, Sept. 16 and Oct. 21.

• Sh-Boom, Sept. 17 and Oct. 29.
 • Bob Constantine, Sept. 22 and Oct. 6 & 20.

• Joey James Orchestra, Sept. 23.
 • The No Respect Band, Sept. 29 and Oct. 27.

• The Men Men, Sept. 30 and Oct. 28.
 • Jules Blattner and Marcell Strong & The Apostles, Oct. 2.

• Butch James Orchestra, Oct. 14.
 • Dutchman & The Hollywoods, Oct. 15.

• Jim Bolten & The Blue Knights with Tom Helmsom, Oct. 23.

Casino St. Charles

Riverfront Station, St. Charles • 547-3233
 • Pony Express, 6:30-11:30 p.m. Sept. 12, 14, 15, 17 & 18.

Chris' Pub

1833 Dunn Rd. • 837-6481
 • Mike Steele, 8:30 p.m. - 12:30 a.m. Sept. 17 & 24.

Christy Park Baptist Church

429 Gravelle • 632-6229
 • GospelFest '94 features The Redemptors, Mike Hale and the Redempted, Chris Butler and Dawn Decey. The festival will take place from 4:30 p.m. until dark Sept. 17 on the church parking lot. There is no admission charge but a free will offering will be taken. For more information call the church office.

Compton Heights Christian Church

2149 S. Grand Blvd. • 771-5071
 • St. Louis Metro Singers, 3 p.m. Sept. 25. Tickets are \$10 each. Proceeds from the concert will benefit the programs and services of the Five Church Association. For more information no tickets, call the Five Church Association at 776-1410 or Compton Heights Christian Church at 771-5071.

Crestwood Plaza

• The Saint Louis Symphony Orchestra, 7-9 p.m. Sept. 13 in the Sears Court.

Easy Street Bar & Grill

3333 Dunn • 837-6535
 • Skyline, Sept. 19 & 17.
 • Seconda Band, Sept. 23 & 24.
 • Fallback, Sept. 30 & Oct. 1.
 • P.F. Fryer, Oct. 7 & 8.

The Edison Theater at Washington University

• Brookings Dr. • 935-6543
 • Kronos Quartet will open the 1994-95 "Ovation!" season at 8 p.m. Sept. 16 & 17. The quartet will perform a special concert for children as the kick-off of the p.m. Sept. 17. Tickets are \$20 for "Ovation!" events and \$10 for "Ovation!" for young people. For more information, call 935-6543.

Incarnate Word Hospital

• Zap Mama, a five-woman a cappella group from Belgium, will make its St. Louis debut at 8 p.m. Sept. 24 as part of the "Ovation!" series. Tickets are \$20. Discounts are available for student and senior citizens.

1860 Saloon & Restaurant

1860 S. 9th • 231-1969
 • Pat & The Hitmen, 7:30-11:30 p.m. Sept. 11, 18 & 25.
 • Travellin' Band, 9 p.m. - 1 a.m. Sept. 14, 21 & 26.
 • Soul Reunion Band, 9 p.m. - 1 a.m. Sept. 15, 22 & 29.
 • Soul Reunion Band hosts a Jam Session from 2:30-6:30 p.m. Sept. 17 & 24.

Eisler's Bavarian Inn Beer Garden

3015 Arsenal • 771-7755
 • Pat Aubrey Band, 9 p.m. to 1 a.m. Sept. 16 & 17.

The Ethical Society

9001 Clayton Road • 991-9955
 • Synchronia, a contemporary chamber ensemble, will perform "Jamas at the Gates" at 8 p.m. Oct. 1. Single tickets are \$12 (\$6 for students, seniors and surviving artists). For more information call 664-9513.

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Wooden Nickel Band, Sept. 16, 17, 23, & 30.

Johnny's Restaurant & Bar

1017 Russell • 865-0989
 • Massey and His Jazz Ensemble for a Jam session, every Saturday from 3-4 p.m.

Just Jazz, Hotel Majestic

1019 Pine • 436-2335
 • There is a minimum \$5 music charge per evening on Fridays and Saturdays. Call 436-2335 for dinner reservations.

Firefighters' Hall

5555 Christy • 332-4900
 • Jefferson Quintet featuring Rudy Schaefer, bass; Nick Maciel, saxophone; Cliff Frederickson, piano; Chris Putsche, trombone; Billy Schneider, drums; and Carol Schneider, vocals will perform from 8:30 p.m. to midnight Sept. 16 and Oct. 7. Tickets are \$5 in advance, \$8 at the door. Call 332-4900 for more information.

Europa Coffee House

3800 S. Kingshighway
 • Maccasin Mike will perform an eclectic mix of Blues, Cajun and Reggae music from 9-11 p.m. Sept. 16, 23 & 30. \$2 cover.

Flourissant Civic Center Theatre

1 Civic Center Dr. • 621-6978
 • The Patton Family from Provo, Utah will perform at 7 p.m. Oct. 21. Individual tickets are \$8.50 for adults, \$6.50 for seniors and students. To reserve tickets and for more information call 621-6978.

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